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EVERYDAY with RACHAEL RAY

rachaelraymag.com

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save big $$$ at the supermarket

weeknight dinners for $10 or less

all-new 30-MINUTE MEALS

summer veg-fest
fresh farmers' market finds

8 WAYS TO COOK UP A CHICKEN

cook with love, not guilt
feel great about feeding your family

no-sweat party PACKAGE

NEW WAYS TO CHILL OUT
(ice cream, anyone?)

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(100% easy)

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august 10

ON THE COVER

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p123

Summer's winding down.

And we can't sit still, lest we miss its last hurrah! August is all about spontaneous fun, like impromptu partying (*Every Day* Parties, page 127) and high-energy travel ("Choose Your Own Adventure," page 144; "Get the Show on the Road," page 27). For easy food, try our fuss-free recipes ("No-Sweat Cooking," page 91) and ideas for those overachieving backyard veggies ("Sun Kissed," page 106). Whatever you do, do it now—summer's almost gone!

FIND IT *FAST*!

if you want...

...cooking tricks

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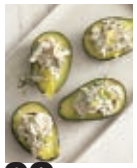
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...to save $$$

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...personal time

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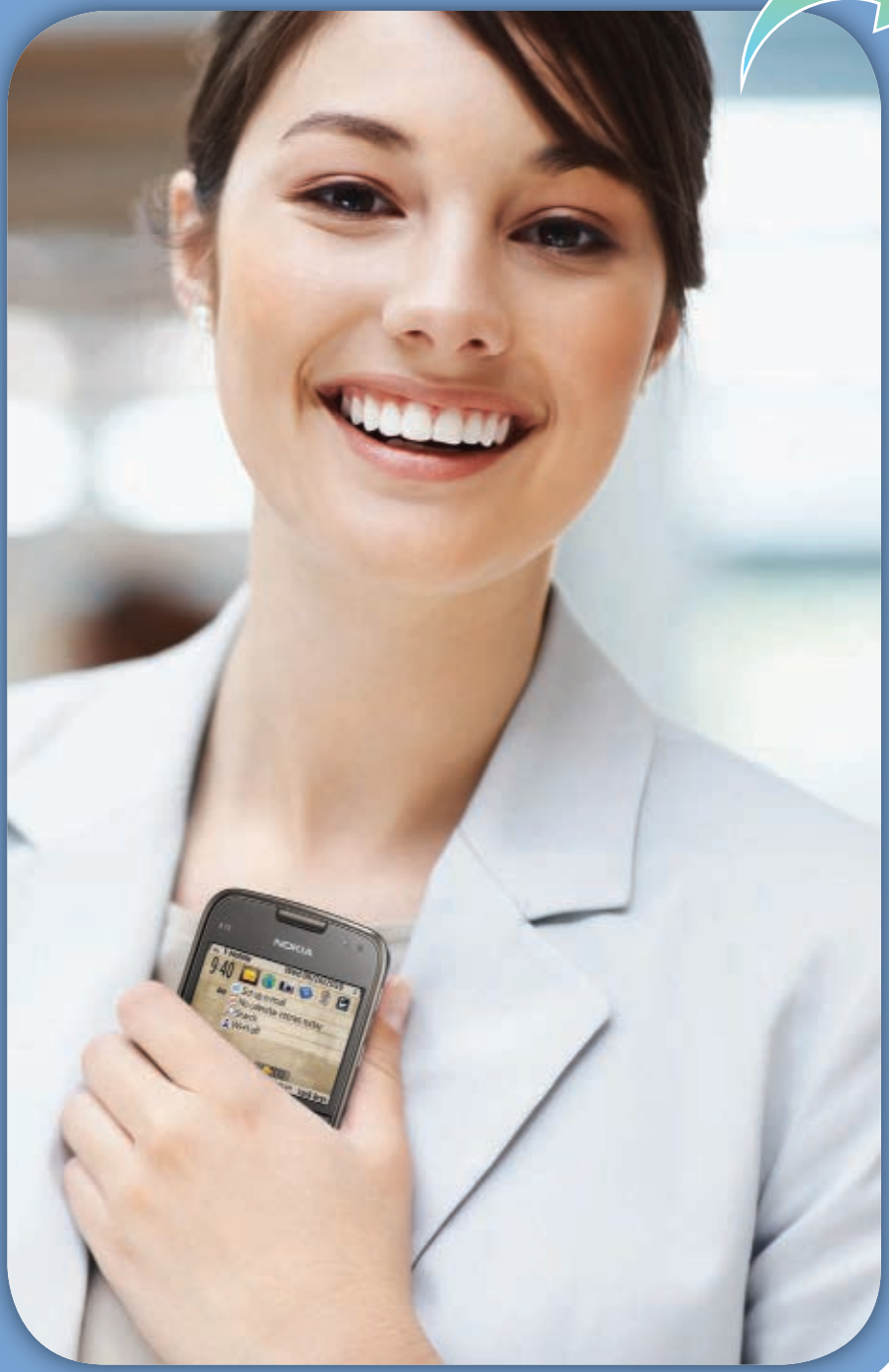
Keep it **together!**

Balancing work and home-life just got a little easier thanks to the new switch mode feature on the **Nokia E73 Mode**™. Now you can switch between work and personal home screens featuring your own apps, email programs and other shortcuts with the push of a button. Here are some quick tips on making life more manageable with a little help from the **Nokia E73 Mode**™.



PROFESSIONAL

- **Go for a walk**

Boost your energy levels, relieve stress and burn calories all at the same time. Since you can access PC files remotely, you don't have to worry about leaving the desk behind.

- **Stay in the loop**

Your busy schedule makes it hard to always stay near a computer. Easily accessing work email helps you stay in touch, while opening work files on the go with Quickoffice helps you stay productive.

- **Toss the business cards**

Keep track of your business associates, clients and customers all in one place. The Salesforce app from Ovi Store holds all of your contacts' info and lets you access your information anytime and anywhere.

Get more tips at rachaelraymag.com/Nokia.

Next month, look for more shortcuts and quick tips from *Every Day with Rachael Ray* readers!

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PERSONAL

• Keep it candid

Capture the moment with the 5-megapixel camera. Then share your perfect picture by posting it to Facebook or uploading it to an Ovi Share account.

• Stay connected

Keep in touch with friends and family near and far with the Hallmark Mobile Greetings app from Ovi Store. Cheer someone up, flirt, celebrate and more with a not-quite-a-card but more-than-a-text message.

• Find your way

Never get lost taking the kids to their soccer game again. Preloaded Ovi Maps with free turn-by-turn navigation ensure you're always where you need to be.

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bookmark it!

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take a bite outta life!

EVERY DAY with RACHAEL RAY

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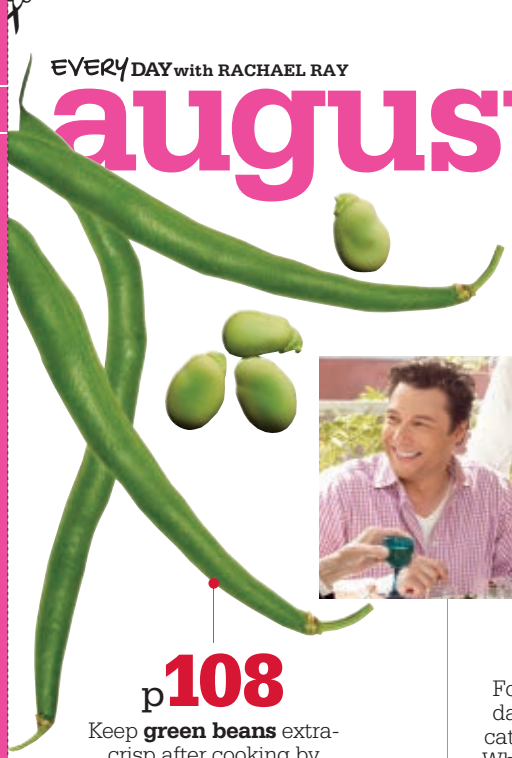

p108
Keep **green beans** extra-crisp after cooking by dunking them in ice water for 5 minutes.

p43
For a more active day at the beach, catch some waves. When they crash, it causes an electric charge that's said to have energy-boosting powers.

4 shortcuts

p113
THE *EVERY DAY* MENU PLANNER
1 SHOPPING TRIP = 7 DINNERS

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

p134
Party lighter and snack happier with this trick from chef Rocco DiSpirito: Swap in greek yogurt for the mayo in calorific dips.

p27
Pass car travel time with a game: Make up anecdotes about the folks in passing cars. Invent a history for the driver of another car. Or tell a story that progresses from one passenger to the next.

coming up

Want a glimpse into the future? **Here are some things you'll learn this time next month:**

child's play
How to cook up a batch of gluten-free after-school snacks any kid will love.

HEALTHY CHOICES
What Rachael is doing to make school lunches better—and how you can help!

Field Trip
How to turn a day at the farmers' market into the best party of the season.

CORRECTIONS In the June/July 2010 issue, we misspelled the name of Doogie's in Newington, Connecticut (Yum, page 40).

BEANS, GETTY IMAGES.

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We will.

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SNAP IT

Learn how to enter and see winning recipes right now on your phone.

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Our Site, Your Way

Get more at rachaelraymag.com/august.

what we're psyched about this month

1

No-Bake Desserts

Inspired by the "No-Sweat Cooking" feature on page 89, **every day rachel d** is keeping the oven off all month long. She'll be whipping up no-bake desserts to keep her sweet tooth satisfied, sharing the results online—and, here's hoping, bringing leftovers to the office. Follow along, plus get a month's worth of recipes to try yourself.

2

Road Trips

There's still plenty of time to hit the road this summer, even if you decide at the last minute. (Check out page 27 for impromptu-trip tips.) Need more ideas and advice on where to visit? We're blogging about our favorite excursions, roadside food finds and tacky photo ops. Hop on and post yours, too.

3

Easier Grocery Lists

You've been asking for better click-and-go grocery lists, and now we've got 'em: All our menus and parties have a list you can add ingredients to, and they're sorted by grocery aisle so you save time at the store. Easy, right?

YOUR CUTEST BABY PHOTO CONTEST WINNER!

Who can resist a sleeping baby? Not us. That's why we chose this winning photo, taken by Tricia Mulay of San Luis Obispo, California, of her 1-month-old. "This picture was taken not long after he came home from the NICU. He's a twin—and both babies have a habit of sticking their tongue out!"

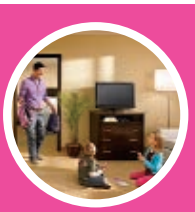
NEXT UP, post Your Best Birthday Photo for a chance to win a washer and dryer set from Electrolux. Birthday boys and girls of all ages, creative cakes, unusual party decorations, great gifts—show us!

ate it? rate it!

"The Herb Butter-and-Goat Cheese Linguine has so much flavor! Heirloom tomatoes add a unique twist with all of the herbs. I swapped mint for dill and italian seasoning for thyme." —KDAWGMC

Post your own pic in our photo gallery and tell us why the dish was a hit, and we might run your picture and quote in an upcoming issue!

vacation giveaway



How's this for a deluxe trip: Enter to win a $5,000 vacation package, including a Be My Guest Certificate redeemable for a 7-night stay at any Homewood Suites by Hilton, a $3,000 Visa check card and more! Get the details at rachaelraymag.com/august.

No purchase necessary to enter or win the Your Best Birthday Photo Contest or Homewood Suites Sweepstakes. Purchase will not improve your chances of winning. Contest and sweepstakes are open to legal residents age 18 or older of the U.S., its territories and possessions. Contest begins at 12:00 p.m. (EDT) on July 13, 2010, and ends at 12:00 p.m. (EDT) on August 24, 2010. Sweepstakes begins at 12:01 a.m. (CDT) on July 1, 2010, and ends at 11:59 p.m. (CDT) on August 12, 2010. To enter and for official rules for this contest and sweepstakes, visit rachaelraymag.com/august. VOID WHERE PROHIBITED. Contest sponsored by The Reader's Digest Association, Inc., the publisher of *Every Day with Rachael Ray.*

MAP BY BURCU AVSAR; PROP STYLING BY ARIANA SALVATO.

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TUSCAN COUNTRYSIDE

Barilla PENNE

Some fall in love with Tuscan cuisine as soon as they arrive.

*****

Others love it so much they never leave.

Aldo has lived on a hill overlooking Siena his entire life. Part of an ancient form of sharecropping called Mezzadria, he works the olive grover in exchange for a portion of the farm's produce. And while most everything in Aldo's kitchen comes from the land, there's one thing that comes from the market — Barilla pasta.

www.DiscoverBarilla.com

Barilla Penne
with spinach, cherry tomatoes and Tuscan Pecorino cheese

GENUINE BARILLA

Ingredients

Barilla Penne	1 box
Extra virgin olive oil	4 tbsp. divided
Garlic	1 clove, chopped
Cherry tomatoes	4 cups, halved
Fresh baby spinach	1 (6 oz.)bag
Tuscan Pecorino cheese	1 cup, shaved
Salt & black pepper to taste	

For the complete recipe visit
DiscoverBarilla.com

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LET YOURSELF GO AND CELEBRATE EVERY DAY

In **"Eat Pray Love,"** Liz Gilbert (Julia Roberts) embarks on a journey of self-discovery, starting with exploring the culinary delights of Italy. But you don't have to go to Italy to have your own **"Eat Pray Love"** journey. Just use the ideas below to celebrate life—Italian-style.

go carb crazy

We can't all follow Liz's motto—No carb left behind—but we can eat without guilt. Just eat like a chef—taste lots of small, delicious dishes!

go hog-wild

Discover the wonders of pancetta, prosciutto and even lardo. One taste and you just might want to marry an Italian butcher.

go out on a limb

Visit a local orchard or farmer's market and pick up the absolute freshest produce. This "Italian" way of life is better for the environment and your taste buds.

go with the flow

Have a nice Italian wine for no reason but to celebrate the everyday. Cin Cin!

go to great links

Prepare a tray of Italian sausages, cheeses and breads and invite some close friends over. Feed your soul with the company and conversation.

Prosecco-Berry Spritzer

Pour 1/4 cup of simple syrup over 2 cups of mixed berries and toss to coat. Divide them among 4 martini glasses and fill each glass with Prosecco.

go overboard

Go ahead and have dessert—try gelato. This Italian treat typically has lower butterfat content and less sugar than ice cream!

Have your own ways to let yourself go? Let us know and join the movement at **Facebook.com/EatPrayLoveMovie**

Discover the journey with "Eat Pray Love," in theaters August 13.

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I love the accessibility of a road trip.

We can't all afford to take our dream vacation, but we can afford to turn left instead of right the next time we get into a car. I spent years traveling all across this country for the Food Network with people who became good, close friends. Road trips are a great way to bond with your better half, your kids or even your dog. Some of my favorite road trips were weekends when I'd let myself get lost down a winding road or just take a street I'd never gone down before. I think road trips truly bring out the adventurous spirit in us. **Pick up some great tips in "Get the Show on the Road" (page 27).**

Get the Show on the Road
27

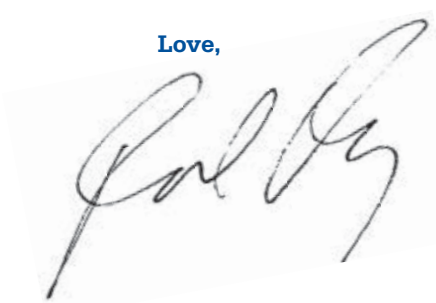
Sun Kissed
106

Farmers' markets are one of the last—and best—values in fresh produce. I look forward to shopping at my local greenmarket in NYC's Union Square. Everyone brings their dogs and kids—it's like going to a carnival of the best sights, smells and flavors imaginable! Not every community is lucky enough to have access to farm-fresh food. But even if you have to make a pilgrimage to get to a farmers' market, it's of vital importance for families to visit one together. Let your kids try a new color vegetable or talk to the people who actually grow our food. Part of the challenge with the state of our kids' health is the disconnect between real food, whole foods and our kids. Like with cooking, involving your kids in the shopping experience, especially at the farmers' market, gives them ownership of the meal a family prepares together. They're going to want to learn more, cook more and eat better if they're part of the process. **Turn to "Sun Kissed" (page 106) for recipes using summer's best vegetables.**

It's ironic that my birthday falls in the hottest month of the year, since the one thing that puts me in a certain funk is a long, hot day. My birthday, August 25, is usually a sticky, grumpy experience for me. I especially dislike all the heat we put in the kitchen trying to make a celebratory supper. **This year for my birthday, I might just take a night off from the stove and check out some of our "No-Sweat Cooking" ideas on page 91.** If that still seems like too much effort, I might take my sister Maria's suggestion and have a liquid supper of flavored margaritas!

No-Sweat Cooking
91

Love,



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how do you soak up the last of summer?

Every Day readers spend August in the sunshine.

We always went to Florida for our annual August trip, but now we've moved to our favorite vacation spot! My son Matthew loves animals, so we're excited to **swim with the manatees and learn about the gators**.

—ROSANNA WADE DELPH, Lake Panasoffkee, FL

We're a baseball-loving family, and we're lucky that we live close to the Pittsburgh Pirates stadium. I used to bring all kinds of sandwiches and treats to snack on, but now we're not allowed. I do occasionally sneak in some nuts and cookies, though.

—CHERYL HARDY, Bethel Park, PA

We practically **live on our deck**. I grill everything—asparagus, corn, steak, bananas. Those I grill in their peels, then I spoon the fruit over ice cream and caramel sauce. While I'm cooking, the kids swim in our pool. It's hard for my son to understand that he can't go in once the weather turns.

—BECKY NUTTER, St. Albans, WV

We get in **as many fishing and beach days as possible** before the kids go back to school. In the garage, I have a little cart stocked with umbrellas, chairs, a small barbecue grill and a radio. This way, we're ready to go anytime.

—JO DAVISON, Naples, FL

I look forward to movie screenings at the Redhook brewery in Woodinville. They serve their homemade brew and bar snacks, and project a film onto the side of the building. Last summer they played one of my favorites, *The Goonies*.

—DAYLENE SHARPE, Kent, WA

My family loves going to Renaissance and pirate fairs in the summer. The kids think it's hilarious. It's a whole community of people that we only see during the warm months.

—LIZZY CLINE, Ontario, CA

LURE, GETTY IMAGES.

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Presenting the Chevrolet Traverse. The 8-passenger crossover designed for families and made for you. The interior amenities lavish the driver in comfort, yet it has 30% more cargo space than a Honda Pilot. The Traverse also offers a remarkable 24 mpg highway.[1] It was even named A Consumers Digest Best Buy two years in a row. Everyone deserves a family car that isn't a minivan. **Starting at $29,999.[2] Find out more at Chevy.com.**

CHEVROLET

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talk

you love us...

It's silly for people to complain about your lack of recipe nutritional data because there are so **many websites with nutrition calculators**. I use sparkrecipes.com, which is completely free, and you can modify ingredients to improve the health of your meal. —JESSICA RODRIGUEZ, San Jose, CA

➔ Great tip! We also do the work for you in our Good for You column (page 74).

I was so **happy to see that you featured a same-sex wedding** ["All About Weddings," May 2010]. As a gay man, it's disheartening to see the issue handled so poorly by other magazines. Thank you for making everyone feel included.
—SOMEBODYS_SUNSHINE (via rachaelraymag.com)

➔ We are always thinking about *all* of our readers, and we're glad to have you on board.

you love us not...

I was disappointed that you used Styrofoam and shredded paper to create your centerpiece of the month [Yum, May 2010]. You should offer entertaining ideas that **reuse garbage instead of creating more of it**. —MAGGIE STORMONT, Warwick, RI

➔ It's a great idea to use old newspapers and magazines in that design—you'll add some color, too!

I almost spit out my coffee when I saw your Meet-the-Baby Brunch ["This Magic Moment," May 2010]. **What new mother has time to make those recipes?** For my shower, I barely had time to brush my teeth before the party. —HALEY (via rachaelraymag.com)

➔ In that story, we included supereasy and quick recipes (like Ricotta-and-Radish Crostini). Another option: Put your friends and family to work. New moms need all the help they can get!

45%

of you named **watermelon** as your favorite summer treat, over hot dogs, ice cream and blueberry pie.

HEAD TO HEAD

OUR 100% GRILLING ISSUE HAD SOME OF YOU REALLY FIRED UP.

I was reading the latest issue in a waiting room and saw enough exciting recipes that I went out and purchased it. I cornered so many pages that I didn't know where to start, but I think I'll go for the clambake ["Free-for-All," June/July 2010]! —AMY MARTUTARTUS, Quakertown, PA

The grilling issue was the best ever. Almost every recipe looked like one my family would love. There were tons of tips and cute things to buy, too. I usually pass my magazines on to family members, but my hubby said, "Keep that magazine around for us!" —PATTIT (via rachaelraymag.com)

I have been a subscriber for several years, and this is by far the best issue yet. I plan to take the entire issue on vacation and use it as our daily meal planner! —SUZM49 (via rachaelraymag.com)

I WAS VERY DISAPPOINTED IN THE ISSUE. THE RECIPES LOOKED GREAT, BUT I DON'T GRILL! THIS COPY WAS RECYCLED QUICKER THAN ANY MAGAZINE IN A LONG TIME. WHEN YOU PICK A SUBJECT THAT DOESN'T INTEREST EVERYONE, THERE'S A CHANCE YOU COULD LOSE READERS. A SWING AND A BIG MISS!
—PHMANATEE (via rachaelraymag.com)

READER FAVE

I've finally found something to keep my son occupied when we go out to eat! Jaq Jaq Bird's chalk mat is a really cute roll-out blackboard that he can doodle on. It also has a pocket to hold chalk, pens and markers, so I don't have to carry other supplies to entertain him. Plus, it's eco-friendly. —BADGER (via rachaelraymag.com) *$30, samandbellie.com*

WHAT ARE YOUR ALL-TIME FAVES? TELL US AT RACHAELRAYMAG.COM/TALK.

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talk

FLIP-FLOPS IN THE OFFICE: YES OR NO?

Our Facebook friends face off.

YES! I WEAR THEM ALMOST EVERY DAY AT MY JOB—REGULAR FLIP-FLOPS OR SANDALS, DEPENDING ON THE OUTFIT! —STACEY TODD

No way. I work in a very conservative industry, and you'll get sent home for flip-flopping around.
—PAM BIGHAM FULK

Living in Florida, flip-flops are acceptable as long as they are nice. And I work in a law office! —TINA DEMENT

Regular old flip-flops are a bit too relaxed for the office, but dressy sandals are okay. They show just as much foot, though, so go figure!
—VALERIE GRAY SMITH

In case you're curious: The *Every Day with Rachael Ray* office has a casual vibe, and some of us wear flip-flops almost every day! Others stick to sandals.

facebook

CARE TO WEIGH IN? FRIEND US ON FACEBOOK.COM/RACHAELRAYMAG. YOU'LL ALSO HEAR ABOUT OUR NEWEST RECIPES, SWEEPSTAKES AND MUCH MORE.

FLIP-FLOPS, ISTOCKPHOTO.COM.

THE SECRET TO OBLITERATING MORE TOUGH STAINS THE FIRST TIME?*

grass

chocolate ice cream

*vs. value liquid detergents

worldmags & avaxhome

✓success OF THE MONTH

I tried to make your Hot Deviled Eggs [August/September 2006] but realized I didn't have most of the ingredients. So I threw in what I had on hand—a little Miracle Whip, some yellow mustard, a pinch of hot sauce, cilantro and some leftover pico de gallo—and they turned out to be the best deviled eggs ever!

— MALEA (via rachaelraymag.com)

➔ Way to make the most of your fridge! For eight more delicious deviled egg recipes, visit rachaelraymag.com/august.

✗mess OF THE MONTH

One night I made my own chili spice mix with our coffee grinder. My husband did the dishes but didn't notice the dirty grinder. He also brewed our coffee the next day. I love my husband, but he is not the most observant man in the morning! He ground up the beans and made spicy coffee! My lips burned for hours.

— COOKIN MAMMA (via rachaelraymag.com)

➔ Lesson learned: Clean out the grinder after using it for anything but coffee. Don't give up on spiced java, though: Try adding cinnamon or cardamom to your beans.

READER FAVE

Cherry Raisinets are little bits of cherry-chocolate heaven. I keep a bag in my purse—they're my new go-to snack.

—APRIL CARMICHAEL, Pompton Plains, NJ

$3.30, at grocery stores

WHAT ARE YOUR ALL-TIME FAVES? TELL US AT RACHAELRAYMAG.COM/TALK.

HEY YOU! **TELL US ABOUT YOUR MESSES AND SUCCESSES!** Visit rachaelraymag.com/talk or write to *Every Day with Rachael Ray*, 16 E. 34th St., 14th Floor, New York, NY 10016. *Letters and submissions may be edited and used in all print and electronic media.*

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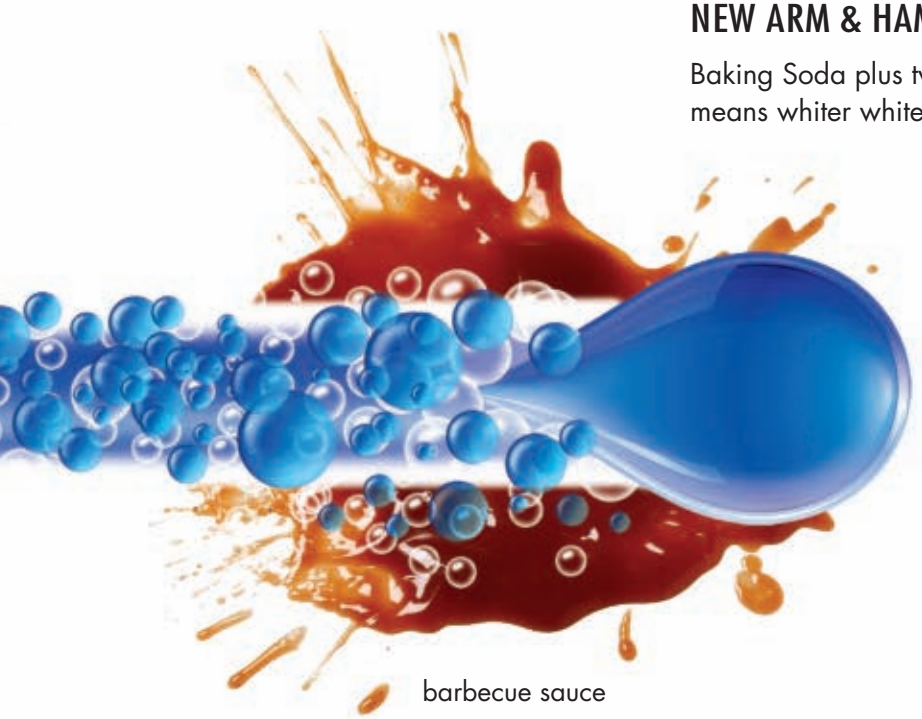

barbecue sauce

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ARM & HAMMER THE STANDARD OF PURITY

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Buffalo Chicken Pizza

1. Spread a pre-baked pizza crust with ranch or blue cheese dressing
2. Toss thawed, cubed **Tyson® Grilled & Ready™ Chicken Breast Strips** with buffalo wing sauce and place on crust
3. Top with mozzarella cheese
4. Sprinkle with green onions
5. Bake at 450° for 8-10 minutes

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Use all the time you just saved for a quick summer "getaway." Nap, read or just relax!

Enter for a chance to win an ultimate $2,500 kitchen package

Tell us how you use Tyson® Grilled & Ready™ Chicken Breast Strips to get dinner on the table in 5 for a chance to win the ultimate kitchen prize package. Enter and get full details and rules at DinnerIn5.com

Tyson Grilled & Ready

No purchase necessary to enter or win. Open to residents of the U.S. age 18 and over. Sweepstakes begins 3/4/10 and ends 8/31/10. Void where prohibited. To enter and for official rules, visit www.Dinnerin5.com.

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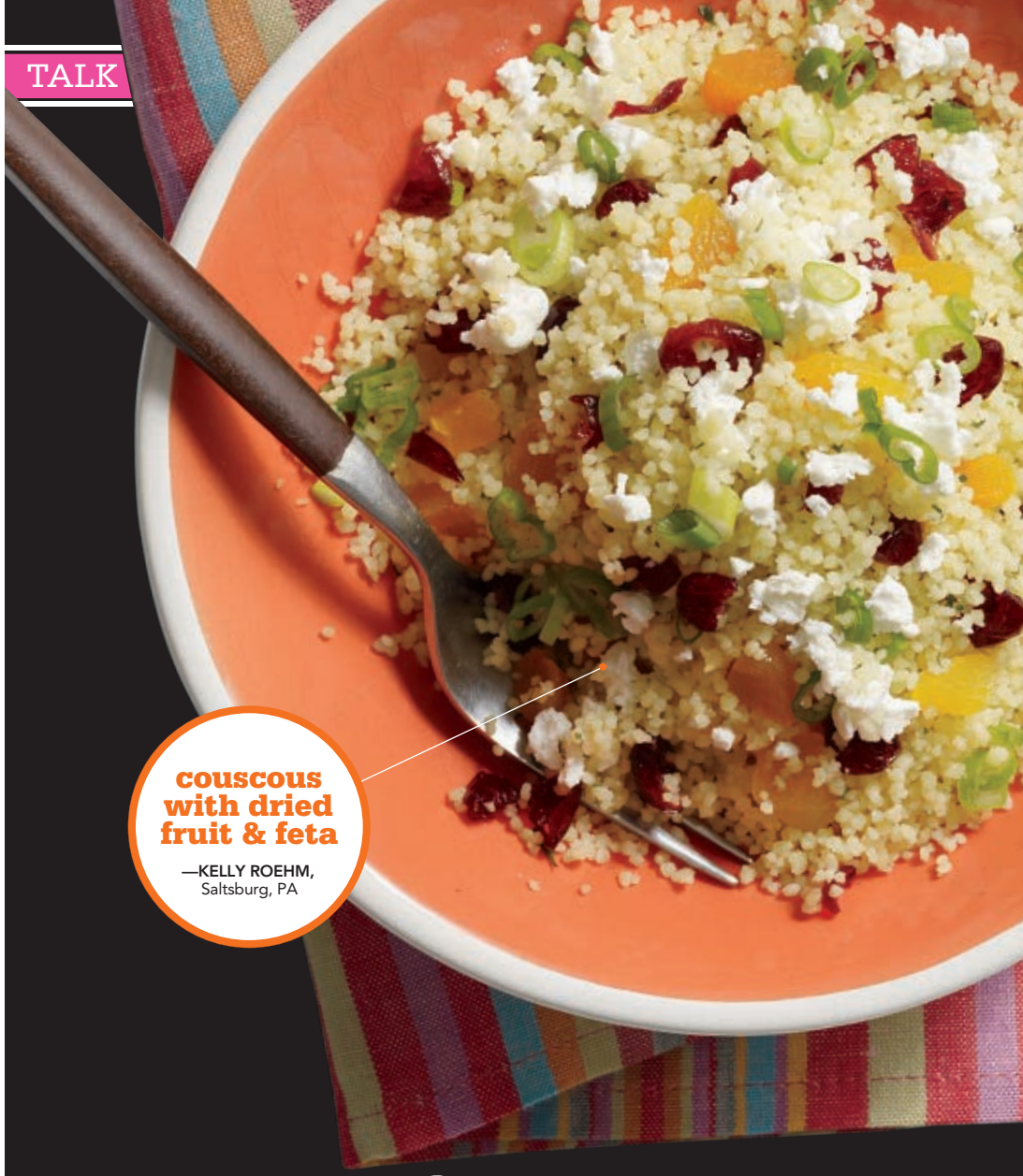

couscous with dried fruit & feta

—KELLY ROEHM, Saltsburg, PA

take five

1. Two 5.8-ounce packages garlic-flavored couscous
2. 1 cup dried cranberries or golden raisins
3. 1 cup dried apricots, chopped
4. ½ cup chopped scallions
5. 1 cup feta cheese crumbles

Prepare the **couscous** according to package directions. Place in a large bowl and fluff with a fork. Stir in the **cranberries**, **apricots**, **scallions** and **feta**; season with salt and pepper.

Do you make a great dish with five ingredients? Visit rachaelraymag.com/talk. Olive oil, salt and pepper are freebies.

RECIPE PHOTO BY KANA OKADA; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY TIZIANA AGNELLO. INGREDIENTS, ISTOCKPHOTO.COM.

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SCRAPES AND BRUISES ARE PART OF GROWING UP.

BUT SOME THINGS DON'T HAVE TO BE.

As your preteen grows up, he or she will continue to need your protection. So it's important to know about the diseases that can affect your son or daughter:

- **HPV (human papillomavirus):** the virus that can cause cervical cancer, genital warts, and other HPV-related diseases
- **BACTERIAL MENINGITIS:** a very serious infection of the brain and spinal cord lining
- **WHOOPING COUGH:** a highly contagious, prolonged respiratory tract infection
- **CHICKENPOX:** a viral infection that causes fever and an itchy rash, which can turn into blisters

AT YOUR CHILD'S NEXT DOCTOR'S VISIT, ASK WHAT YOU CAN DO TO HELP.
Or visit sponsor.webmd.com/preteenhealth to learn more.*

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***Provided as an educational resource by Merck on WebMD.**

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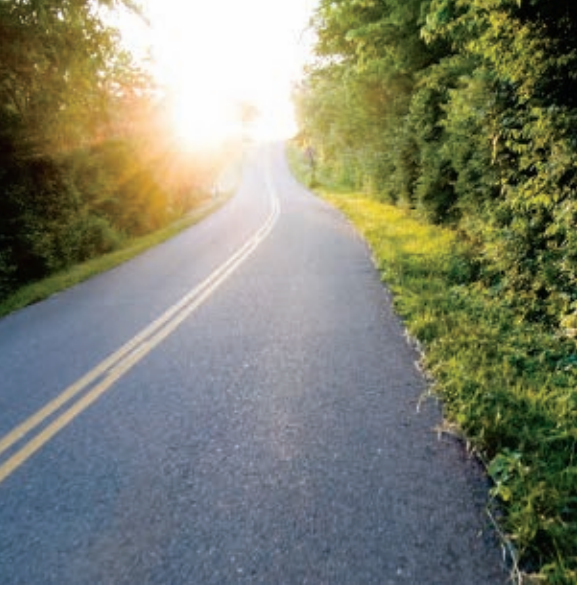

PHOTOS, GETTY IMAGES.

GET THE SHOW ON THE ROAD

Is there an American tradition more enduring, more tempting than the road trip? It's been memorialized by beatniks and acted out in chick flicks. Nowhere else but on the open road are you so unfettered, so in control of your own destiny, so ecstatically free. The best part: There's no need to plan ahead. You can leave right now. The sun is reflecting on your hubcaps, and the highway is beckoning. Not sure where to stay, what to eat, or how to (peacefully) bring along the kids or dogs? Don't worry, we've got it all covered—and then some. So what are you waiting for?

BY **JUSTINE VAN DER LEUN**

GET YOUR GROOVE ON DJ Anne Litt, of the trendsetting Los Angeles public radio station KCRW (89.9 FM), gives us her ultimate upbeat, wind-in-your-hair playlist. 1 **"Ridin' in My Car,"** NRBQ 2 **"In the Sun,"** She & Him 3 **"These Roads Don't Move,"** Ben Gibbard and Jay Farrar 4 **"This Land Is Your Land,"** Sharon Jones & the Dap-Kings 5 **"Lovely Day,"** Bill Withers 6 **"Pulling Mussels (from the Shell),"** Squeeze 7 **"Roadrunner,"** The Modern Lovers 8 **"No Cars Go,"** Arcade Fire 9 **"Summer Sun,"** Koop featuring Yukimi Nagano 10 **"Livin' Thing,"** Electric Light Orchestra

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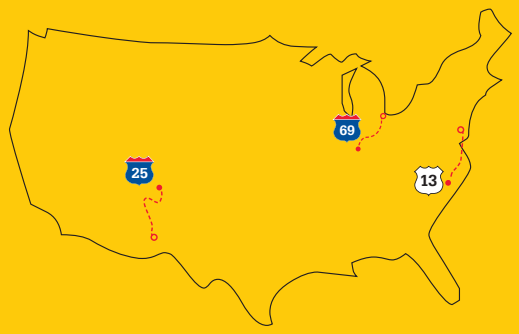


EAT YOUR WAY ACROSS THE STATES

Count yourself lucky if you live near one of these three routes, the tastiest in the country. Hanna Raskin, director of American Table Culinary Tours, points out the most delicious pit stops.

25 I-25: Las Cruces, New Mexico, to Las Vegas, New Mexico (345 miles)

CALICHE'S FROZEN CUSTARD, *Las Cruces, NM* A perfect respite from the relentless desert heat comes, obviously, in frozen-treat form at this beloved custard stand. Score a tart, creamy cup of custard sprinkled with salted pecans and drenched in hot fudge. For a fruity kick, try the Desert Ice in passion fruit or mango. *(131 Roadrunner Pkwy., caliches.com; cups from $1.55)*

OWL BAR & CAFE, *San Antonio, NM* The state of New Mexico displays on its official website an interactive Green Chile Cheeseburger Map *(newmexico.org/greenchilecheeseburger)*. Of the 70-plus establishments noted, Owl Bar—a low-key cement structure stuffed with owl-themed knickknacks—stands out, inspiring in devotees a near-religious fervor for its thick, hand-patted beef burgers topped with sharp cheddar cheese and sizzling hot chiles. *(79 Main St.; 575-835-9946; burgers from $5)*

TIA SOPHIA'S, *Santa Fe, NM* For an inexpensive power breakfast, stop at this Mexican-style restaurant for huevos rancheros packed with creamy pinto beans, served on fresh blue-corn tortillas and slathered in your choice of sauce: green, red or Christmas (a combo). Eat at your own risk: The menu states that the management is not responsible for "too-hot chili." *(210 W. San Francisco St., 505-983-9880; breakfast from $7)*

Tia Sophia's

Nick's Kitchen

69 I-69: Port Huron, Michigan, to Indianapolis (372 miles)

NICK'S KITCHEN, *Huntington, IN* This sandwich shop claims to have pioneered the pork tenderloin sandwich in 1908, and nobody is arguing: The crispy-fried, pounded boneless loin—8 inches across and nestled in a comically small bun—is pig perfection. *(506 N. Jefferson St., 260-356-6618; $5.25 for a pork sandwich)*

CONCANNON'S BAKERY, CAFÉ & COFFEE BAR, *Muncie, IN* Sugar cream pie—the holy combination of butter, sugar and nutmeg in a pastry shell—has remained an Indiana specialty, never breaking onto the national pie stage. So wise pie lovers won't pass up a chance to snag a rich, cream-colored Hoosier slice at this spacious café. *(4801 W. Baker Lane, 765-288-9820; $5.49 per pie)*

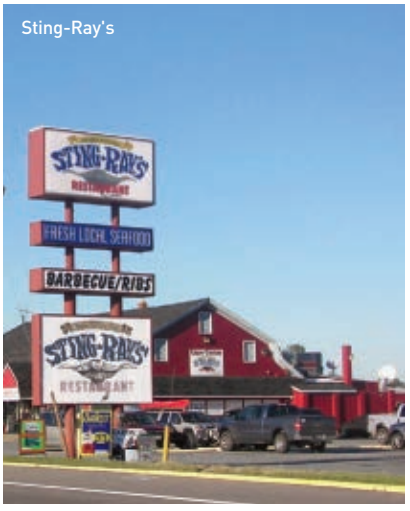
GENE'S ROOT BEER DRIVE-IN, *Anderson, IN* Locals have been flocking to Gene's since 1966, and neither the menu nor the establishment has changed much since. For an old-fashioned experience, pull up under the flat orange canopy, roll down your window, and order a Spanish hot dog (covered in spicy tomato-meat sauce) and a mug of Gene's homemade root beer. *(640 S. Scatterfield Road, 765-642-5768; hot dogs from $1.40)*

13 US-13: Goldsboro, North Carolina, to Smyrna, Delaware (377 miles)

WILBER'S BARBECUE, *Goldsboro, NC* This old-timey joint is synonymous with eastern-style Carolina barbecue. Order a bun piled high with chopped whole pig slow-smoked over oak and hickory and lightly dressed in a vinegar-based sauce. Make it a combo with coleslaw, potato salad and hush puppies. *(4172 U.S. 70 E., 919-778-5218; combos from $8.50)*

STING-RAY'S, *Cape Charles, VA* Rabid fans hit up Sting-Ray's for the bountiful seafood options, but the spot, located in a red barn attached to an Exxon station, also offers excellent eastern shore specialties, like buttery homemade sweet potato biscuits and salt-cured, pan-fried Virginia country ham. *(26507 Lankford Hwy., 757-331-1541; entrées from $8)*

TAMMY & JOHNNY'S, *Melfa, VA* If you're passing by the Delmarva Peninsula (the Delaware-Maryland-Virginia coastland), pick up a bucket of crispy, moist fried chicken from this bare-bones shack. Their secret: The bird is marinated for 24 hours and deep-fried in cottonseed oil. *(27352 Lankford Hwy., 757-787-1122; $11 for an eight-piece box)*



Sting-Ray's

NICK'S KITCHEN, MARKUS RAE PHOTOGRAPHY.

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BRING THE WHOLE GANG

Amy Graff, family leisure travel spokesperson for Best Western, offers ways to keep the kiddies entertained.

The Alphabet Game

(ages 2 to 4) Have young ones try to find the letters "A" to "Z" on billboards and license plates. Whoever hits "Z" first wins.

The Silly Sounds Game

(ages 5 to 8) Designate sounds for different things—say, a red car gets a whistle, an American flag gets a pop, and a truck gets a yodel. Each time you see an object, make the corresponding sound.

Tell a Tale *(ages 9 to 12)*

Make up amusing anecdotes about the people passing you by in their cars. You can each tell a history of a driver, or one person can begin the story and pass it on to the next.

Your Car Is Their Canvas

(all ages) Kids love Mrs. Grossman's repositionable stickers *($2.25, stickergalore.com)*, which allow them to create easy-to-peel-off pirate scenes, dog parks and funny faces on windows.

THESE SNACKS ARE GOOD TO GO.

web

Post your best road-trip stories, tips and photos at rachaelraymag.com/august.

Banana Split Trail Mix

In a large bowl, combine **1¼ cups banana chips**, **1 cup broken cream-filled sugar wafer cookies**, such as Nabisco, **¾ cup walnut pieces**, **½ cup yogurt-covered raisins**, **½ cup dried cherries** and **⅓ cup chocolate chunks**.

Cheeseburger-and-Fries Trail Mix

In a large bowl, combine **2 cups honey-mustard-flavored pretzels**, **1½ cups canned french-fried onions**, **½ cup small cheese-flavored crackers**, such as Cheez-Its, **3 ounces snipped beef jerky**, **⅓ cup potato sticks** and **¼ cup thinly sliced sun-dried tomatoes**.

ROAD TRIP PHOTOS, GETTY IMAGES; TRAIL MIX AND MAP BY BURCU AVSAR; FOOD STYLING BY KAREN EVANS; PROP STYLING BY ARIANA SALVATO. RECIPES BY GABRIEL FANELLI.

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listen & learn

An enthralling audiobook will be a welcome change from Lady Gaga. And for staying focused, it's better than coffee. Mark Nichols, industry relations officer at the American Bookseller Organization, recommends three of the most spellbinding recent releases.

FOR GIRLFRIENDS

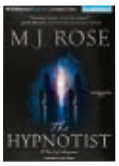
Dead End Gene Pool by Wendy Burden *($25, bn.com)*

You'll gasp as Burden, the great-great-great-great-granddaughter of Cornelius Vanderbilt, bravely confesses family secrets, like her father's suicide. Mixing humor and heartbreak, she chronicles a childhood spent in the company of her wildly eccentric, extremely sloshed grandparents.

FOR COUPLES

Matterhorn: A Novel of the Vietnam War by Karl Marlantes *($32, bn.com)*

This title is the solution to the classic quandary of couples everywhere: What can we both agree on? The moving fictional epic centers on a diverse band of marines confronting their roles in a seemingly pointless war. Populated with multifaceted characters, the book appeals to both history buffs and those who just love a good story.



FOR SOLO RIDERS

The Hypnotist by M. J. Rose *($25, booksonboard.com)*

Can't stop for coffee? No matter: *The Hypnotist* is the literary equivalent of a triple espresso. The suspenseful tale melds multiple elements of awesome mystery writing: possibly evil international art thieves, paranormal powers, reincarnation and a brilliant special agent. Time will fly.

YOUR DOG CALLS SHOTGUN

Exploring is better with a canine BFF by your side. Claudia Kawczynska—editor-in-chief of *The Bark* magazine and an editor of the anthology *Dog Is My Co-Pilot*—briefs us on pet-friendly places to stay.

Kimpton Hotels This hip nationwide hotel chain is totally pet-obsessed, as evidenced by the cooing staff that presents your dog with a bag of gourmet treats and a chew toy upon arrival. At the Muse Hotel in New York, the director of pet services can arrange side-by-side massages for pet and owner *($150)*. All hotels offer complimentary beds and bowls and can arrange dog-walking services. *(kimptonhotels.com for locations; doubles from $99)*

Motel 6 It's not the fanciest spot, but after a long day on the road, a Motel 6 is a good place to rest your weary bones—and you won't have to sneak in Fido. The ubiquitous chain welcomes pets into their tidy rooms; American Kennel Club members receive a discount. *(motel6.com for locations; doubles from $40, with a 10% discount to AKC members)*

Kampgrounds of America Regular campers have trained their eyes to pick up that yellow KOA logo on interstate signs across the country. The generally clean, dog-friendly campgrounds offer showers, tent lots, RV hookups and log cabins. Some even have dog meadows and agility courses. *(koa.com, dog rates and policies vary; tent lots from $34, cabins from $61)*

ROAD TRIP PHOTOS, GETTY IMAGES; AUDIOBOOKS BY LORI FOY.

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STAY SAFE

Traffic safety researcher Federico E. Vaca, professor of emergency medicine at Yale University School of Medicine, gives us his top safety tips. (Hint: It's all in the prep.)

PHOTO, GETTY IMAGES.

GET YOUR CAR IN TIP-TOP SHAPE Check tire pressure, change your oil and make sure your radiator is working well in hot summer months. (In colder weather, gauge antifreeze levels.)

KNOW WHEN TO LEAVE Depart after 7 a.m. and arrive before 10 p.m. Research shows that the roads are most dangerous very early in the morning and late at night, when people are more likely to be intoxicated or tired, and when fewer police officers are around.

MAP OUT A PLAN Knowing where you'll stay each night drastically cuts down on the likelihood that you'll get lost. If you don't have a GPS system, Google Maps offers free applications for most mobile devices (download at m.google.com/maps on your phone's browser).

DON'T DRINK—NOT EVEN A SIP It's never safe to drink and drive—even a beer with lunch affects your ability. Studies show that after a single drink, important changes in cognition occur.

TAKE BREAKS Pull over every two to three hours and stretch your legs, both to ward off fatigue and to avoid deep vein thrombosis.

WAKE UP More than 100,000 crashes in 2009 were due to drowsy driving. If you feel tired, stop at a safe, well-lit place and take a power nap. Better yet, check into a motel early and catch up on sleep.

name Ryan & Sara

age 7

project Sara Plane

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flintstonesvitamins.com

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Potato Salad with Fennel and Prosciutto

SERVES 6 **PREP** 10 MIN **COOK** 30 MIN

- 1½ pounds small red potatoes
- 1 tablespoon dijon mustard
- 2 teaspoons fresh lemon juice
- 1 clove garlic, finely chopped
- Salt and pepper
- 3 tablespoons extra-virgin olive oil
- 3 scallions, finely chopped
- ½ cup chopped fennel, plus 2 tablespoons chopped fennel fronds
- 2½ ounces thinly sliced prosciutto
- 2 tablespoons chopped fresh basil

1. In a large saucepan, combine the potatoes with enough salted water to cover. Bring to a boil, then lower the heat and simmer until just tender, 20 to 25 minutes. Drain and let cool slightly. Cut into quarters and transfer to a large bowl.
2. Meanwhile, in a small bowl, whisk together the mustard, lemon juice and garlic; season with salt and pepper. Slowly whisk in the olive oil. Stir in the scallions.
3. Combine the fennel, fennel fronds, prosciutto and basil with the potatoes. Stir in the mustard vinaigrette.

web **Find 20 more potato salad recipes** at rachaelraymag.com/august.

the bright side

Burgers, steaks and hot dogs may get top billing at backyard cookouts, but **we think it's all about the super-duper sides!** This summer we're pumping up the classic potato salad with a generous helping of crunchy scallions and fennel, salty prosciutto, and a fresh basil-and-dijon dressing. This is a side with star appeal.

RECIPE BY **MELISSA CLARK** | PHOTOGRAPH BY **LUCAS ZAREBINSKI**

FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY LAURA DOTOLO FOR HALLEY RESOURCES.

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CENTERPIECE OF THE MONTH

garden variety

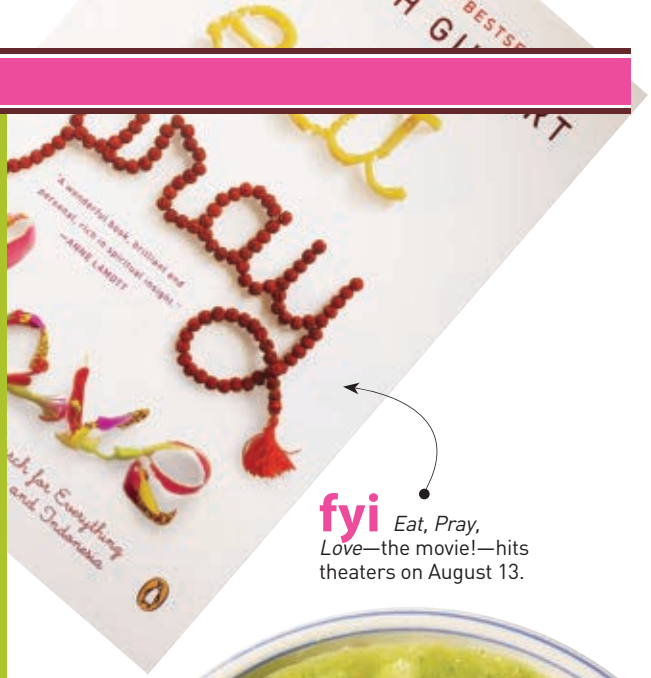
When we needed a designer to give the ol' fruit-bowl centerpiece a remix, we knew exactly who to call. **Maxwell Gillingham-Ryan, founder of Apartment Therapy and author of the new book *Apartment Therapy's Big Book of Small, Cool Spaces***, constantly dreams up inspiring new twists on simple decor. He taught us how to top our tables with this fresh arrangement.

maxwell's idea

Top a few cake stands or footed bowls with heirloom tomatoes of various shapes and colors. Place a few smaller plates or bowls around, filling each with another tomato or two. Finish the farm-to-table look by scattering singles or bundles (still on the vines) around the glassware.

WAG REFLEX

We know our pups toss around their tails when they're feeling friendly. **But for cats, wagging often means the opposite:** Slow, wide flicks might show agitation ("I'm done being petted now!"), and faster wags could mean the cat feels threatened, like when another animal walks in. To calm your pal, use a soothing voice—or just give him a little private time!



fyi *Eat, Pray, Love*—the movie!—hits theaters on August 13.

SAY "I DEW"

After reading about her travels to India in the memoir *Eat, Pray, Love*, we knew **author Elizabeth Gilbert**'s trip had been worthwhile—after all, her book turns into a big-screen flick starring Julia Roberts this month. But Gilbert says she left the country without learning enough about its food. "While I don't think I could exactly replicate what I ate, I'd like to cook with those flavors in everyday meals." **We jump-started her foray into Indian flavors with this ginger- and cardamom-inflected melon soup**, spicy enough to evoke trip memories, but easy and cool enough for a hot day at home.

Chilled Chai-Spiced Honeydew Soup

SERVES 4

Cut **a large honeydew melon** (about 4½ pounds) into chunks and finely chop enough of the chunks to equal ½ cup. In a large bowl, crush **3 large sprigs mint**. Using a food processor and working in batches, puree the honeydew chunks, **2 tablespoons sugar**, **the grated peel and juice of 1 lime**, **⅛ teaspoon ginger** and **a pinch of cardamom**; add to the mint. Refrigerate until well chilled. Meanwhile, in a small bowl, combine **¾ cup greek-style yogurt** with **the grated peel of 1 orange** and **¼ teaspoon ground cinnamon**. Remove the sprigs of mint from the soup. Serve the soup topped with the finely chopped melon, the orange yogurt and fresh mint leaves. —VIVIAN JAO

RECIPE PHOTO BY LUCAS ZAREBINSKI; FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY LAURA DOTOLO FOR HALLEY RESOURCES. CENTERPIECE PHOTO BY KANA OKADA; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY TIZIANA AGNELLO.

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1

mug

Bottoms up! These won't do much for the flavor of your beer—they're just for fun—but are **best for the lightest, simplest brews**. The shape isn't designed for much quality control, so beers tend to lose carbonation a bit faster. The same goes for pitchers.

2

tulip

Check out those curves! They're there to lock in carbonation: The bulbous bottom and narrow center create a bottleneck that keeps bubbles from escaping too fast. It's **perfect for drinks like scotch ales and double or imperial IPAs**, which can taste intense once their fizz fades.

3

pint

This traditional beer-glass shape boosts the flavor of **heavier styles like porters, stouts, IPAs and American lagers**. The small bottom and large opening funnel carbonation out of the glass, and the bubble loss helps the rich, toasted notes stand out. The stemless design lets beer warm up a bit in your hands, and that also amps up taste.

4

chalice or goblet

Just as a strong wine releases subtler flavors when decanted, **heavy sipping beers like belgian ales reveal their depth** if they're allowed to open up. These glass styles have wide mouths, which help fizz dissipate so you're able to focus on taste. The stem keeps warm fingers off the glass to keep the slow-sip beer colder longer.

5

weizen

These tall, skinny glasses turn a beer pour into a pageant. They're **made to show off dense, golden beers like hefeweizens and American wheats**. The long length lets fewer bubbles escape, so beer develops a huge, fluffy head. The thin walls reveal color and let beer warm up quicker, releasing the strong hops and yeast so subtler notes, like orange and clove, can come through.

what ales you

We pored over Christina Perozzi and Hallie Beaune's book *The Naked Pint* to discover **the science behind matching beer to glass**.

web **Find beer and food pairing tips** at rachaelray mag.com/august.

THIS PAGE: PHOTOGRAPH BY LUCAS ZAREBINSKI; FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY LAURA DOTOLO FOR HALLEY RESOURCES.
OPPOSITE PAGE: PUZZLE PIECES BY LUCAS ZAREBINSKI; PROP STYLING BY LAURA DOTOLO FOR HALLEY RESOURCES.

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CHEW ON THIS

If chopping onions is a tearjerker of a task, try this bizarre trick: Pop a big piece of gum in your mouth and chew with your mouth open. When onion enzymes mix with water (in this case, the water in your eyes), it creates an acid that makes eyes sting. If you're chowing down on gum, the enzymes are more likely to travel toward your wet tongue and stay away from your eyes.

—MICHELLE CASHMAN

bonus!

The puzzle pieces are embedded with wildflower seeds. When you're done toiling, soak them overnight in water, then bury them in your garden or a window planter.

MISSING PIECES

Heads up, jigsaw aficionados: Solve a puzzle that's more eco-proper. These Green Pieces Jigsaws *($16, tdcgames.com)* are made with recycled and renewably sourced paper (yep, that goes for all 500 pieces of them) and printed with soy-based inks.

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beachy keen

Feng shui: It's not just an interior-design tactic. Turns out **you can also fine-tune your surroundings for a better day at the beach**, says expert Jayme Barrett.

—CHRISTINE RICHMOND

Set up your blanket away from the water, where there are large rocks, a dune or a wooden fence behind you. "Knowing you won't have waves crashing at your feet or sand kicking up behind you just makes it easier to unwind," Barrett says.

Basking in the elements is healing, but keep your exposure in check—too much can overstimulate and drain you. Face away from the sun or camp out under an umbrella.

Every color you look at affects your energy. Bring a blanket and accessories in calming tones like blue, purple and green, and toss in some snacks in the blue-green family, such as berries, plums, grapes or edamame.

ILLUSTRATIONS BY SUJEAN RIM.

The legal drinking age is 21.

Thanks for not providing alcohol to teens.

WWW.DONTSERVETEENS.GOV

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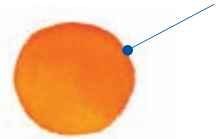
IF YOU WANT...
to be active



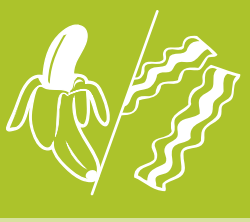
Think about the first sunny day in spring: You feel revved, right? The sun's rays can give you energy—as long as you get them in moderation, Barrett says. Whether you're playing volleyball or floating on a raft, face the sun in order to reap the benefits.

Feeling social? Spend plenty of time by the water's edge. Sounds hokey, but crashing waves cause an electric charge in the air that's been said to have mood- and energy-boosting powers.

Red, orange and yellow are like color caffeine: They have a stimulating effect. Bring a towel or wear a bathing suit with shades in this spectrum. And don't forget to work these colors into your picnic lunch—peaches, watermelon and bell peppers are some energizing options.

SNACK FOR BETTER SLEEP

To get your kids back into a proper bedtime schedule for the school year, help them eat smarter: It's a proven way to get better zzz's, says psychologist James B. Maas, author of *Power Sleep*. Avoid feeding little ones fatty meats and cheeses a few hours before bed (save the bacon for breakfast), and instead **choose sleep-friendly foods** that contain tryptophan, like cereal or bananas.



ANOTHER NEW RAISINET?
THIS SHOULD BE INTERESTING.
FOLLOW THE DELICIOUS DRAMA AT YOUTUBE.COM/RAISINETS

IN THE CANDY AISLE!

SAY HELLO TO CHERRY, the newest member of the Raisinets family. Covered in rich dark chocolate and bursting with flavor, Cherry Raisinets® provide a half-serving of fruit in every quarter cup. But what do the Original Raisinets think of their new sister-in-chocolate? See for yourself at **youtube.com/raisinets.**

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WORLD'S BIGGEST FOOD FIGHT Folks in the wee town of Buñol, Spain, make a big mess on the last Wednesday in August. Locals and visitors paint the town (and themselves) red for **La Tomatina, an all-out tomato street fight** that involves more than 90,000 of the juicy fruits. (Smart visitors wear swim goggles to protect their peepers.) If you can't make it overseas, have your own smashing-good time at home: Muddle a few cherry tomatoes into a cold beer for a tangy and festive garnish.

three cheers

The occasional cocktail may be good for the soul, but these spa experts say the **ingredients from our favorite summer drinks can work wonders on our beauty regimen**, too.

—JENNIFER CHEN

chocolate martini mask

A face full of chocolate? Twist our arm. Sarah Zeron, owner of Salon Chocolat in Carson City, Nevada, says unprocessed cocoa powder is antioxidant-packed. "It improves blood flow, helps tighten skin and aids moisture retention," she says.

HOW TO MAKE IT Stir together **¼ cup cocoa powder**, **¼ cup honey** (or brown sugar), **3 tablespoons oatmeal powder** (grind whole oats in a blender) and **2 tablespoons soy milk**. Apply the mixture to a clean face, leave it on for 20 minutes, then wipe off using a warm towel. (Do a patch test if you have sensitive skin.)

piña colada hand & foot treatment

This frothy, island-inspired cream from Camala Casco at Changes Salon & Day Spa in Walnut Creek, California, keeps hands and feet smooth. "The fatty acids in coconut relieve and moisturize dry skin, and pineapple is an anti-inflammatory that boosts the coconut's healing power," she says.

HOW TO MAKE IT In a blender, combine **¼ cup coconut oil** and **¼ cup pineapple juice**. (For an exfoliator, add **2 tablespoons dry polenta** after blending.) Massage into hands and feet, then slip on cotton socks or gloves.

sangria shine hair treatment

Too many days at the beach can strip hair of its shine. Philip Pelusi, creator of Tela Beauty Organics, concocted these three all-natural soaks to boost color and sheen.

HOW TO MAKE IT Stir together the ingredients below, then pour through the hair. Apply your favorite conditioner and cover with a shower cap for 15 minutes; rinse thoroughly.

Redheads Combine **1¾ cups orange juice**, **¼ cup carrot juice** and **1 teaspoon honey**. **Blondes** Combine **1¾ cups cooled white tea** and **¼ cup apple juice**. **Brunettes** Combine **2 cups pomegranate juice** and **a splash grape juice**.

PHOTOGRAPH BY LUCAS ZAREBINSKI; FOOD STYLING BY LISA JERNOW. SPA RECIPES REVIEWED BY DERMATOLOGIST ANYA BANDT.

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1/2 the fat. 1/3 fewer calories than regular ice cream.
Now in a variety of cups.

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EVERYDAY faves

shop the coolest finds

Turn your kid's sandbox into a colorful oasis with **Crayola Play Sand** in blue, green, pink and purple. **$8 for 20 pounds** coloredsandstore.com

Extra memory is only a half-pipe away! The **Skatedrive USB Flash Drive** can hold thousands of songs and photos. **$20 and up** kohls.com

fun

faves giveaway: Ten readers will win boxes of Glow Gluten Free cookies. Enter to win at rachaelraymag.com/august.

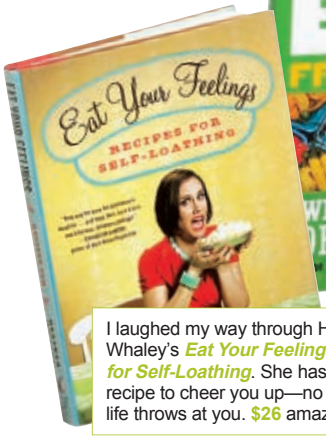
I couldn't tell that these yummy **Glow Gluten Free Cookies** were baked with garbanzo bean flour! Pick from double-chocolate, chocolate chip, gingersnap and snickerdoodle. **$6** at Whole Foods Markets

Precut **Fondant 1" Pastel Flip-Flops** make decorating cupcakes and cookies as easy as a walk on the beach. **$18 for 30** fancyflours.com

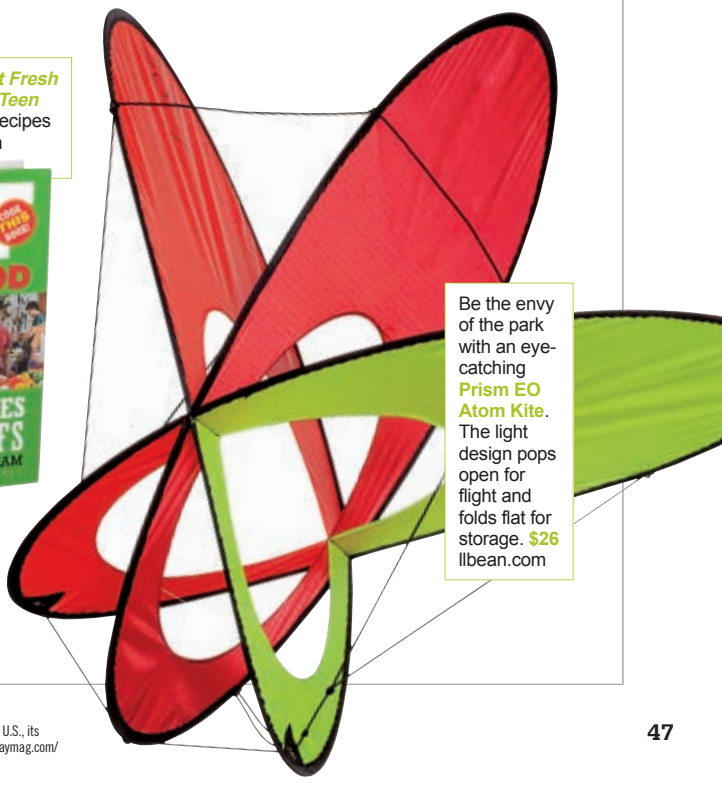
This funky 60-minute **Hamburger Timer** is almost cute enough to eat. To set, just twist the sesame seed bun. **$8** kikkerlandshop.com

Trust me: Your kids will love ***Eat Fresh Food: Awesome Recipes for Teen Chefs***. It's filled with 80 delish recipes for teens, by teens! **$18** bn.com

John is the musician in the family, but **Teacarina Tea Cups** let me jam along, too. I use the finger holes to play notes. **$18 each** stlocarina.com



I laughed my way through Heather Whaley's ***Eat Your Feelings: Recipes for Self-Loathing***. She has the perfect recipe to cheer you up—no matter what life throws at you. **$26** amazon.com



Be the envy of the park with an eye-catching **Prism EO Atom Kite**. The light design pops open for flight and folds flat for storage. **$26** llbean.com

PHOTOGRAPHY BY GORMAN & GORMAN.
MARKET EDITING BY SARAH NEWELL.

win it! No purchase necessary to enter or win sweepstakes. Purchase will not improve your chances of winning. Sweepstakes are open to legal residents age 18 or older of the U.S., its territories and possessions. Closing date for *Every Day* Faves August sweepstakes is 11:59 p.m. (CDT) on August 23, 2010. To enter and for official rules, visit rachaelraymag.com/august. VOID WHERE PROHIBITED. Sweepstakes sponsored by The Reader's Digest Association, Inc., the publisher of *Every Day with Rachael Ray*.

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EVERY DAY faves head to toe

faves giveaway: Ten readers will receive a bottle of Moroccanoil Hair Treatment. Enter to win at rachaelraymag.com/august.

Gorilla Warfare Antiperspirant prevents sweat and odor. And over time, it reduces underarm hair growth. $29 dermadoctor.com

Ideal for your guest bath, **Triple Milled Soaps** are infused with real fruit and grain extracts. $7 each crabtreeandevelyn.com

After cleansing your face, apply **Zero Oil Pore Purifying Toner** with a cotton ball to reduce shine and remove excess oil. $18.50 origins.com

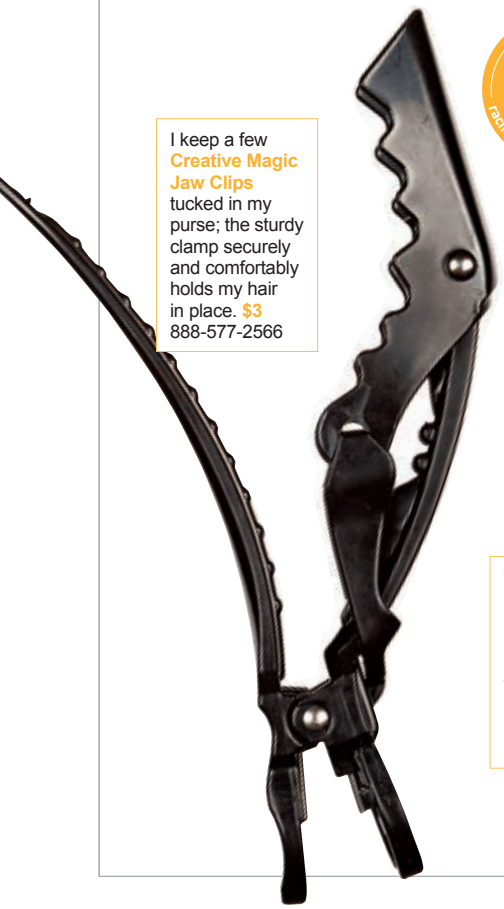
The one-touch continuous spray on the **Neutrogena MicroMist Airbrush Sunless Tan** gets to hard-to-reach places—even your back. $12 at drugstores.

The lightweight **Velecta Paramount Paris TGR 3600 Hairdryer** dries and styles my hair in minutes—it has two speeds and four heat settings. Choose from a range of colors. $200 beechergroup.com

I felt the difference in my hair after only one use of **Moroccanoil Hair Treatment**. My locks were really soft and looked extra-shiny. $39 moroccanoil.com for salons

Enter to win at win it! rachaelraymag.com/august

Bare Minerals Eyecolor comes in vivid gem tones (like Oasis blue and Exotic Tara green) and leaves a pretty sheen. $13 each bareescentuals.com



I keep a few **Creative Magic Jaw Clips** tucked in my purse; the sturdy clamp securely and comfortably holds my hair in place. $3 888-577-2566

The multicolored pearls in **Physicians Formula Powder Palette** blend together to make skin look luminous. $14 at drugstores

My hair always looks great when I style it with a **Creative T-Curve Brush**. The angled shape reaches strands at the root, adding tons of volume. $18 888-577-2566

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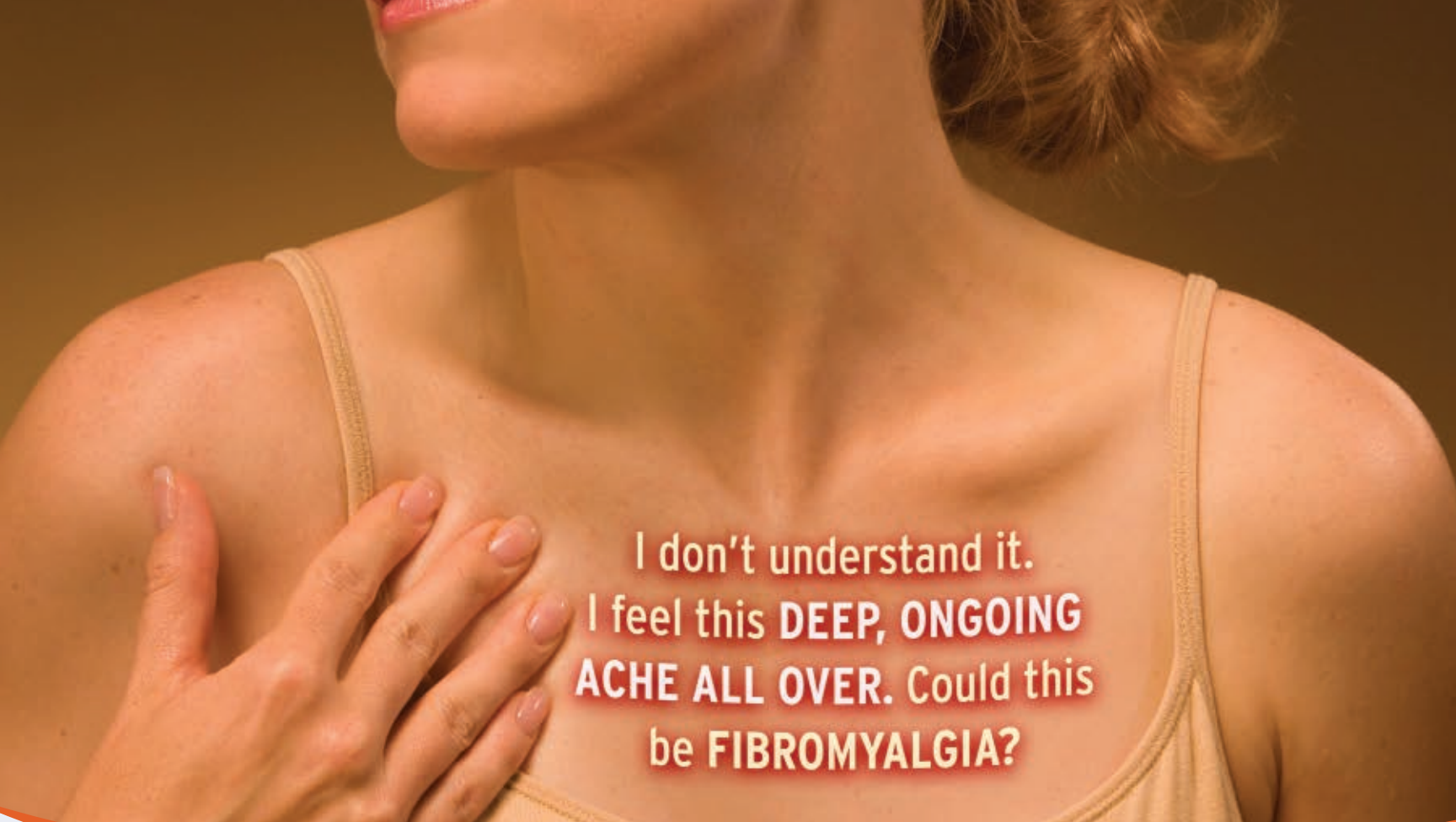

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Fibromyalgia is chronic, widespread muscle pain that makes daily tasks difficult. If you're experiencing this pain, **talk to your doctor about prescription Lyrica and visit www.lyrica.com today.**

Fibromyalgia is thought to be the result of **overactive nerves** that cause chronic, widespread pain.

Lyrica is FDA-approved to **help relieve Fibromyalgia pain.** It's not an antidepressant.

Clinical studies have shown that **Lyrica provides significant relief in as early as one week** for some patients.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-5-LYRICA (1-888-559-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

LYRICA® PREGABALIN © capsules

(**LEER**-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:
- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.
Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:
- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.
This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.
Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:
- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:
- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:
- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.
LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:
- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:
- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:
- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:
- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:
- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

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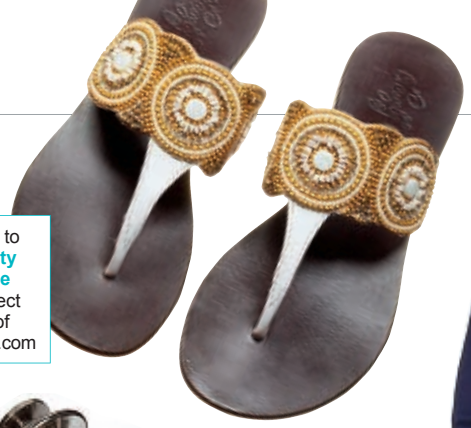
EVERY DAY faves style

This vintage black **Appaman Monkey Football Jersey** is sure to become your little guy's favorite shirt. **$32** cutelittleclothes.com



All you need to add to these pretty **Naughty Monkey Deco-Style Sandles**? The perfect summer pedicure, of course! **$60** zappos.com

Reusable **Instant Buttons** cinch or extend your denim waistband up to one and a half sizes, without alteration. **$15 for 2** instantbuttonforjeans.com

Line up! Show off your nautical stripes in a long-sleeve **Ella Moss Navy and White "Hyde" Cotton Henley**. **$72** mfredric.com

The button tabs at the cuffs of the **Logan Slim Leg Cotton Pants** make them perfect for pairing with a sexy pair of heels. **$70** bananarepublic.com

faves tip: When trying on clothes at the store, bend, twist and reach up to test the comfort level.

Heads up: This straw linen **Block Headware "Abingdon" Men's Fedora** comes in blue, black or brown trim. **$53** saksfifthavenue.com

Make a statement without saying a word while carrying a **Deux Lux Pipette Leather Drawstring Bag**. **$124** shop2lux.com

You'll have some serious specs appeal if you're rocking **Blinde "Case Closed" Sunglasses**! **$285** 800-647-2345 for stores

Super-comfy **Rasta Wombat Men's Green Shoes** are made using recycled car tires and sustainable hemp, latex and cork. **$75** sanuk.com

This captured our hearts: The striking **Bardot Silver Spiral Bangle** fits every wrist size. **$49** stelladot.com

A leather and bead **Trinity Necklace** is the perfect low-key accessory on a T-shirt-and-jeans kind of day! **$128** allisoncraftdesigns.com

STYLING BY NORINE SMITH FOR HALLEY RESOURCES.
FASHION MARKET EDITING BY JANE HARRISON-FOX AND CARA APOTHEKER.

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EVERY DAY faves home

A compact **My Desk Fan** creates a big breeze in small spaces. Bonus: Its finger-safe blades are really quiet, so it won't disturb. **$40** brookstone.com

Beat the heat with a homemade treat churned in a **Cuisinart Classic Frozen Yogurt, Ice Cream & Sorbet Maker**. **$50** surlatable.com

This 18" **Costello Outdoor Pillow** is all decked out for summer: The removable cover prevents fading and rain damage. **$38** chiasso.com

Bored with the standard green hose? Add a punch of color with a **50-Foot Yellow Coil Garden Hose**. **$20** at Target stores

faves giveaway: Make it a clean sweep by winning one of 10 sets of Bon Ami products. Enter at rachaelraymag.com/august.

Tidy your home from top to bottom using gentle but effective **Bon Ami Powder**, **Liquid** and **All-Purpose Cleansers**. **$1 to $4 each** bonami.com

Handblown **Rainbow Wine Glasses** have tinted bottoms of orange, green, yellow, blue, pink and purple. **$39 for 6** indiarose.com

Our initial impression: These old-fashioned wood **Typewriter Letters** (12") will stylishly perk up a blank wall. **$45 each** rshcatalog.com

Enter to win at win it! rachaelraymag.com/august

Fill a **Metal Beverage Dispenser** (11" x 23") with iced tea, lemonade or cider, and let your guests help themselves! **$30** homegoods.com for stores

Lift the padded seat on this **Yellow Patent-Leather Ottoman** to reveal a roomy storage compartment. **$100** homegoods.com for stores

Thomas Paul Portland Melamine Side Plates (9") are at home on a picnic blanket or dining room table. **$34 for 4** redtreebaltimore.com

MARKET EDITING BY SARAH NEWELL.

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T-BONE

WHEN ALL THE STEAKS GET TOGETHER THEY CALL THIS ONE BOSS.

29 LEAN CUTS. ONE POWERFUL PROTEIN.

You've gotta love this lean, protein-packed powerhouse. Some succulent slices of T-Bone will dish out enough delicious to feed the entire crowd come dinnertime.

Learn to love all 29 tantalizing cuts of lean beef at BeefItsWhatsForDinner.com.

BEEF. IT'S WHAT'S FOR DINNER.

Funded by The Beef Checkoff

ready set

everything you need to get started

PHOTOGRAPH BY LEVI BROWN; PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE.

READY, SET

COOK

GET TOGETHER

GO AWAY

fresh start

Before veggies take a turn for the worse, pickle them! Just toss produce like cucumbers, peppers and onions in with leftover juice from a jar of pickles, then refrigerate for a few days. **Turn for more guilt-free tips.**

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Fast food cravings? How 'bout

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EVERYDAY kitchen

vitamin vitality
Has your kitchen become the dumping ground for dietary supplements? Warm, humid environments can cause nutrients to dissolve, making vitamins less effective. Instead, just stash them in the bedroom or a hall closet.

goodbye, guilt!

Hey, don't be so hard on yourself. There are easy ways to avoid...

BY **DINA CHENEY**

...UNHEALTHY DINNERS.
Mix and match: Stock pantry staples like whole grains, beans, nuts and dried fruit. Shop weekly for produce and lean protein, then cook ahead (think hard-boiled eggs and grilled chicken). A **healthy meal** (say, farro salad with chickpeas, roasted red peppers and feta) is now minutes away.

...RECIPE RUTS.
Shake off menu blues by dusting off your **cookbooks**. Member service Eat Your Books *(eatyourbooks.com)* lets you search its database of 100,000 titles. Make shopping lists and search by on-hand ingredient (in way less time than it'd take to check 14 different indexes for "chicken").

...WASTED FOOD.
Refashion "vintage" leftovers, says dietitian Jackie Newgent, author of *Big Green Cookbook*. Puree grilled veggies with hummus for a dip, or mix rice pilaf with ground poultry for burgers. And don't overlook **scraps**: Toss clean strips of citrus peel into hardened brown sugar to soften it.

...KITCHEN CLUTTER.
Toss out all your extras, from dishes to spices, says Julie Morgenstern, author of *SHED Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck*. Then, establish activity zones—food prep and cooking, serving, cleanup and **recycling**, and paperwork—and stay in the zone.

tip from the EVERYDAY test kitchen

Don't let storage space—or lack thereof—limit your love of kitchen gear. Hang utensils, tools and even small appliances in an over-the-door shoe organizer.

web

Share your tips for **making the kitchen guilt-free** at rachaelraymag.com/august.

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MAIN IMAGE AND ORANGE PEEL, GETTY IMAGES; COOKBOOKS BY BOYLE & GARDNER; PROP STYLING BY RACHEL HAAS; SALAD, RECYCLING BIN AND WHISK, ISTOCKPHOTO.COM.

my space

NAME Jeni Britton Bauer
OCCUPATION President and founder, Jeni's Splendid Ice Creams
LOCATION Columbus, Ohio

For Jeni Britton Bauer, making ice cream isn't just her job—it's her life. "We eat ice cream every day," says the entrepreneur and mom of two. Evenings are often spent in her mid-century-style kitchen testing flavors like sweet corn and blackberry for her five Ohio shops and **jenisicecreams.com**. When not doing that, she's whipping up family treats, like salty caramel ice cream topped with bacon pralines. As at work, she uses mainly fresh, local ingredients: In her kitchen, you'll find milk from a nearby farm, and seasonal produce and potted herbs on the windowsill—but no pantry. She keeps just two cupboards' worth of dry staples, and shops for fresh food several times a week. "It takes more work, but it's worth it," she says. Kinda like churning out scrumptious ice cream from scratch. —SARAH STEBBINS

For cereal and—what else?—ice cream, Britton Bauer adores colorful latte bowls.

She makes all-purpose cleaner with equal parts white vinegar and water, and drops of coriander essential oil.

"A cone is the best way to eat ice cream—you excavate flavor lick by lick." Britton Bauer spices up cones from her Chef'sChoice WaffleCone Express with cinnamon, nutmeg or cardamom.

Her favorite dish? Ratatouille. She uses fingerling potatoes, carrots and summer squash (added at the end to keep it from getting mushy).

Britton Bauer puts "smooth and tangy" Maille mustard in dressings and serves it with sausages and pretzels. "We go through two jars a week."

She loves the imperfect chunks that ice cream paddles yield. Her company sells this olive wood one.

on hand

unsweetened iced tea mix

GET INSPIRED

Make a glaze Combine 1 part each unsweetened iced tea mix and bourbon to 2 parts each ketchup and maple syrup. Brush onto anything, from ham steaks to hot dogs.

Whip up a frappé Puree unsweetened iced tea mix with vanilla ice cream and frozen peaches.

Rethink your dry rub Season unsweetened iced tea mix with garlic powder, onion powder, salt and pepper. Sprinkle on shrimp or scallops.

sound bite

messy food

Step away from the napkins and **let eating get elemental**. Why not dig into your next meal without concern for neatness or niceties? Grab a saucy barbecue rib. **Lick a dripping ice cream cone.** Eat with the childlike glee formerly reserved for Halloween candy and birthday cake. **Food will taste all the better** for it—and you can wipe the evidence off your face later.

PORTRAIT BY CHARLY BAUER; BOWLS, ICE CREAM PADDLE AND ICE CREAM BY LORI FOY; CARROTS, BOTTLE AND ICE TEA, GETTY IMAGES; ICE CREAM, ISTOCKPHOTO.COM.

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So lusciously tempting. You'll be positively giddy.

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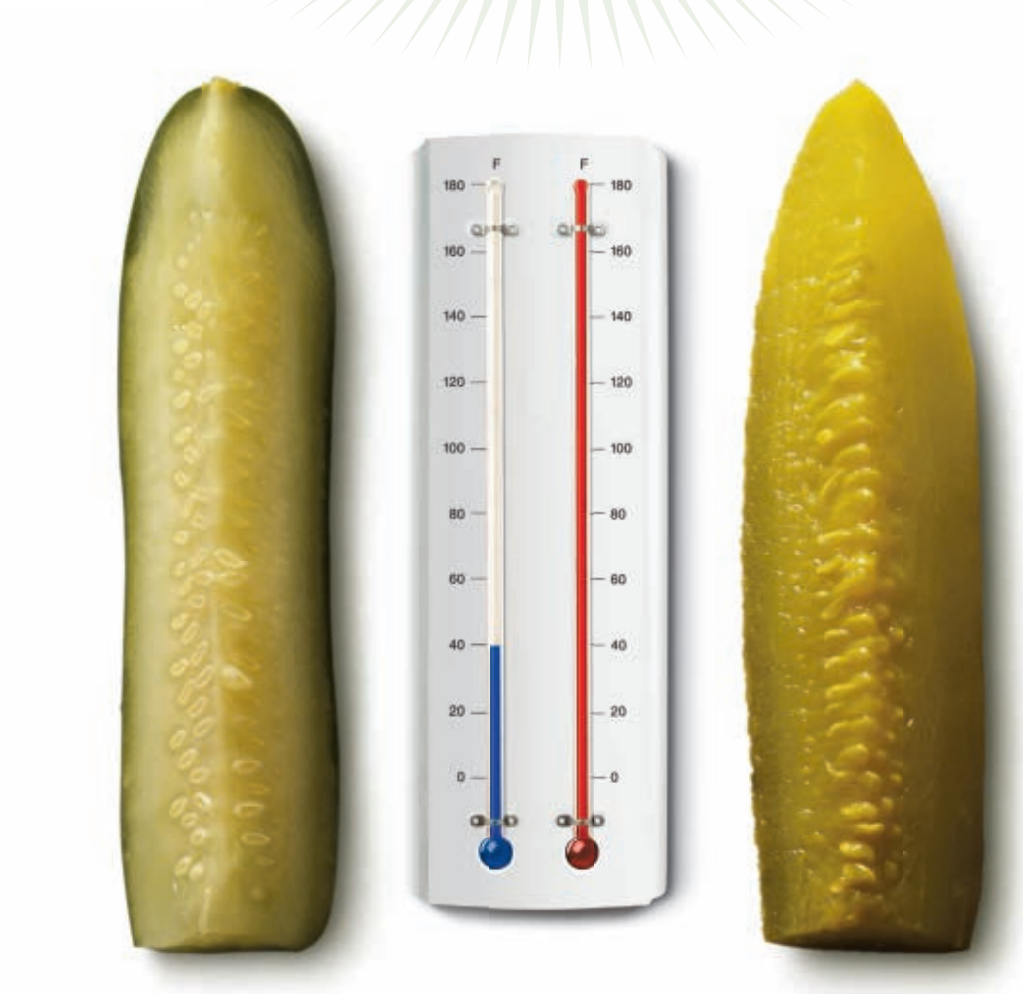
A CHILLED PICKLE IS A

FRESH PICKLE.



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get fresh watermelon

BY KATIE BARREIRA

»BUY IT

Look for a whole melon that's heavy for its size.

Avoid cut melon with flesh that has pulled away from its seeds.	SKIP ANY MELONS WITH CRACKS OR SOFT SPOTS.

Store a whole melon at room temperature for up to 10 days; cut melon should be refrigerated in a tightly sealed container and consumed within 2 to 3 days.

BEST:
JUNE THROUGH SEPTEMBER

»COOK IT

Watermelon Granita Parfait

SERVES 4

Cube the flesh of **one 5-pound seedless watermelon** (about 5 cups). Freeze **four 4-ounce vanilla pudding cups**. In a blender, puree the watermelon cubes, **1 cup sugar** and **⅓ cup lime juice**. Strain the mixture into an 8-inch square baking dish, pressing to extract any excess liquid. Freeze, stirring with a fork every 30 minutes, until frozen, about 2 hours. Just before serving, in a medium bowl, briefly thaw the frozen pudding and beat together with **¾ cup whipped topping**, such as Cool Whip. Using a fork, scrape up the frozen watermelon granita. Spoon ⅓ cup of the pudding mixture into each of 4 parfait glasses, fill with the **granita** and top with the remaining pudding mixture.

»TRY IT Puree and strain watermelon flesh, sweeten with superfine sugar and freeze in ice cube trays. ❊ Thinly layer sliced watermelon flesh with mozzarella and basil for a caprese-style salad. ❊ Grill wedges dusted with sugar and chili powder. ❊ Combine chopped watermelon, thinly sliced red onion, crumbled feta and chopped mint to serve alongside grilled meat or poultry. ❊ Puree with chopped english cucumber for a chilled soup. ❊ Rinse black watermelon seeds and air-dry overnight; toss with extra-virgin olive oil and salt and toast in the oven. ❊ Puree and strain watermelon flesh, sweeten with simple syrup and stir in seltzer water for a carbonated twist on agua fresca. ❊ Blend with jalapeño chile, honey, extra-virgin olive oil, vinegar and salt and pepper for a dressing.

ISTOCKPHOTO.COM.

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taste test: Ice Cream Treats

BY **DINA CHENEY** | PHOTOGRAPH BY **KANA OKADA**

web

Get more of our **warm-weather favorites**—like popsicles and ice cream—at rachaelraymag.com/august.

BEST VANILLA
Dovebar Vanilla with Milk Chocolate Ice Cream Bars

This bar is proof that simple, done right, is best. Panelists described the thick milk chocolate coating as "velvety" and "melt-in-your-mouth," and one noted that it's like "a truffle on a stick, with a snowy-white vanilla ice cream center." One bite and you might spout poetry, too. *($4.49 for three 2.9-ounce bars, at grocery stores)*

BEST FLAVORED
Julie's Organic Coffee and Dark Chocolate Ice Cream Bars

Made in small batches by a family-owned company, these organic bars will please even the most sophisticated palates: A crisp dark chocolate shell enrobes rich coffee ice cream. "The intense, nutty espresso flavor is incredible," enthused one taster. *($4.29 for three 3-ounce bars, at select grocery stores)*

BEST CONE
Great Value Chocolate-Dipped Vanilla Flavored Ice Cream Cones

Tasters marveled at the "supercrispy" chocolate-lined sugar cone and the "whipped, french-vanilla-like" ice cream hidden beneath a milk chocolate coating. Chopped peanuts add a salty crunch, and a bargain price sweetens the deal. *($3.97 for eight 4.3-ounce cones; $3.75 for ten 2.25-ounce cones, at Walmart stores)*

BEST LIGHT
Weight Watchers Ice Cream Candy Bars

This one had us doing double takes at the nutrition label. With just 150 calories and 9 grams of fat, "it's like an indulgent sundae in a bar," one panelist cooed. Filled with creamy peanut butter ice cream, gooey caramel and crunchy peanuts, the bar satisfies both sweet and salty cravings—without blowing your diet. *($5 for six 2-ounce bars, at grocery stores)*

BEST SANDWICH
Trader Joe's 12 Mini Mint Ice Cream Mouthfuls

These addictive, snack-size chocolate wafer sandwiches—stuffed with refreshing mint ice cream—reminded tasters of childhood treats: "It's like a York Peppermint Pattie and an Oreo cookie had a delicious mint-chocolaty baby," raved one panelist. Chimed in another, "They're like an ice cream version of Thin Mint cookies." Scout's honor. *($3.29 for twelve 1.25-ounce sandwiches, at Trader Joe's stores)*

FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY TIZIANA AGNELLO.

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Surviving the Checkout Lane

A smart shopper doesn't rest until her groceries are bagged, loaded and home safe in the fridge. Here's how to sail through those final supermarket challenges.

BY **NICOLE CHERIE JONES** | ILLUSTRATION BY **ARTHUR MOUNT**

1 Choosing a lane.

Pick the one with the fewest people, even if their carts are filled. It will move faster than one with more people but fewer items. Why? California-based mathematician Dan Meyer says it takes about **3 seconds to scan each item, but over a minute per customer for greetings and payment**—especially if they're clueless with the credit card machine.

2 Loading the conveyer belt.

Place frozen and refrigerated items on the belt first so "they'll stay cold huddled together," says Kyle Perry, the 2010 National Grocers Association Best Bagger Champion. Then, group like items to speed up scanning, bagging and unpacking, and load fragile items last. Don't bother placing coupons on products, says Laura Everage of familyeats.net. Just hand them over at the end.

3 Handling items that need TLC.

Pack breakables, like glass bottles or jars, with small boxes or soft packages in between. **"Raw meat, poultry and seafood should be packed separately from other groceries to prevent cross-contamination,"** says Perry. Place heavy produce like watermelon in its own bag to prevent it from damaging other items.

4 Bagging the groceries.

Paper bags are easier to pack, but cost almost four times as much as their plastic counterparts. That's why 80 percent of grocery stores now offer only plastic (plus the option to buy reusable bags), says supermarket consultant Joe Hynes. When packing flimsy bags, **stabilize contents by stacking boxed items, such as cereal, along the outer edges to create "walls,"** says Perry. Fill in the center and top with crushables like eggs or chips. Tie off the handles to prevent items from falling out.

5 Packing up the cart.

If you've done a big shop, pack four or five bags without any fragile items into the cart first; then stack the bags with the remaining groceries, placing crushables on top. When loading the car, place cold items in your trunk last, so they're unpacked first. **The USDA recommends getting perishables home within two hours of purchase**, but use common sense—if it's a hot day, don't plan any stops on the way home.

Conquer Checkout Pitfalls

Forewarned is forearmed: Don't let these tricky situations blow your budget or schedule.

• The third-person-in-line landmine.
If you're third in line, you don't have anything to do, but you're still in buying mode and prone to impulse purchases, says retail expert Paco Underhill, author of *What Women Want*. But impulse buying is all about timing, says cognitive science professor Art Markman: "Control urges by slowing down to think and—if you have to—counting to 10 before tossing something in your cart."

• The tantrum-inducing candy spread.
Set clear expectations for children (i.e., "There will be no treats") before you set foot in the store, says Markman. Kids like to test limits, and parents get worn down and give in, he explains. But if you have an understanding, he says, "it's less taxing psychologically to say no, and the child will understand and be less likely to break down."

• The superslow self-checkout lane.
Checking yourself out can be fast, but take a pass under certain circumstances. There's typically one clerk to every four stations—bad odds if you need assistance, says Debbie Lindsey-Opel of supermarket consultants Three Dimensional Development. Skip the self-checkout when buying alcohol (you'll have to wait for someone to clear your ID) or lots of produce (this requires keying in codes), or using coupons (they may not scan properly).

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add your

honey

flavor

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pop-tarts toaster pastries

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*Contains 25% less sugar than 55 to 75 of the top 100 toaster pastries (IRI US FDMx Unit Sales 12wk w/e 11/1/09) Kellogg's® Pop-Tarts®
Ice Cream Shoppe™ Toaster Pastries contain 11g to 12g sugar/48g serving compared to 16g to 21g sugar/50 to 54g serving in other toaster pastries.

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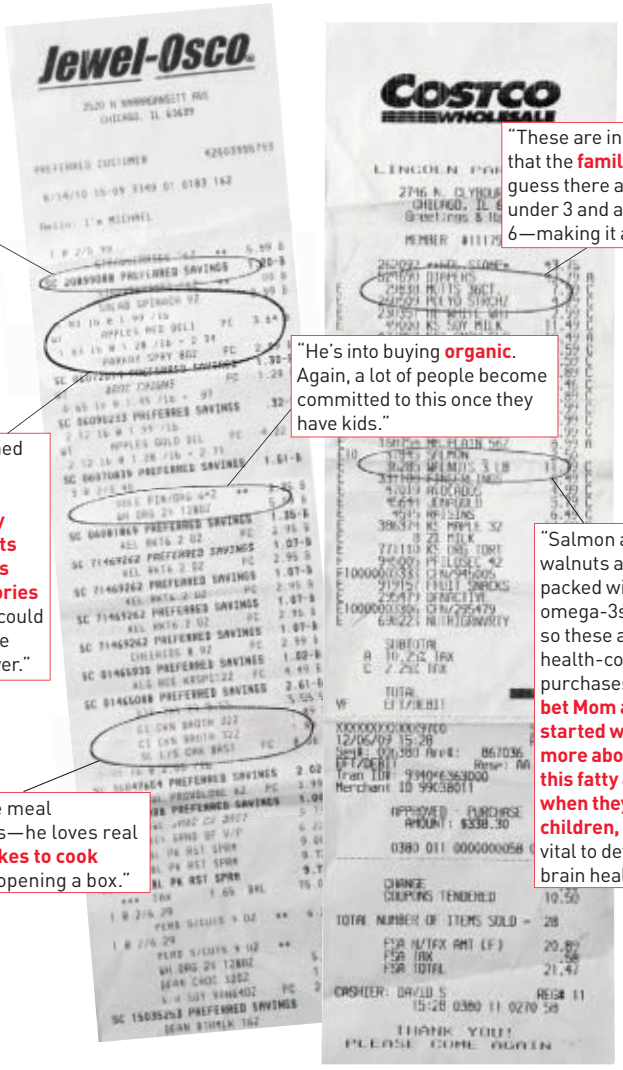
what your grocery receipt says about you

Our Supermarket Shrink, **Phil Lempert**, founder of supermarketguru.com, analyzes what one shopper buys.



"A savings card was used, but not any coupons, which leads me to believe **a man is doing the shopping**."

"These are instant giveaways that the **family has kids**. I'd guess there are two—one under 3 and another under 6—making it a family of four."

"He's into buying **organic**. Again, a lot of people become committed to this once they have kids."

"He's concerned about eating healthy. The **cooking spray and lean meats also show he's watching calories and fat**. They could do more whole grains, however."

"Salmon and walnuts are packed with omega-3s, so these are health-conscious purchases. **I'll bet Mom and Dad started worrying more about this fatty acid when they had children,** as it's vital to developing brain health."

"These are meal ingredients—he loves real food and **likes to cook** instead of opening a box."

MEET OUR READER Dane Roth, 35, of Chicago, says Phil nailed it: "My wife and I have two kids, 2-year-old Ryan and 4-year-old Hannah, so we always keep snacks like string cheese on hand, as well as pitas and tortillas for quick, kid-friendly meals." Dad loves to cook, but he often forgets the coupons. He aims for healthy meals by stocking up on produce, lean meat and plenty of salmon. Avoiding pesticides is also important, so he tries to buy organic. "I want to trim the grocery bill without giving that up," he says.

THE BOTTOM LINE Save money by skipping organic when it comes to produce like pineapples and avocados, as the thick, pesticide-exposed peel gets tossed. Also, many people buy organic dairy to avoid growth hormones, but most store brands have eliminated those hormones and are half the cost. To boost whole grain intake, swap in white wheat breads—they're nutritionally beneficial *and* have a kid-friendly taste.

RECEIPT BY GORMAN & GORMAN.

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Grill Brushes

Scrubbing the grill is a dirty job—but somebody's gotta do it. These champs make a clean sweep of even the dirtiest, most caked-on, charred messes.

BY **VIVIAN JAO** | PHOTOGRAPHY BY **LUCAS ZAREBINSKI**

(1) CHARCOAL COMPANION DUAL HANDLE MEGA MONSTER BRUSH
$15 *surlatable.com*
UPSIDE Side-by-side brushes for quick cleaning; long handle features a grip knob for more leverage; replaceable brush head.
DOWNSIDE Bulky; scraper on the end of the brush head gets in the way when cleaning the grate at the back of a grill.

(2) STEVEN RAICHLEN LONG GRILL BRUSH
$25 *surlatable.com*
UPSIDE Wide head with extra-long bristles for quick, deep cleaning; soft brass bristles (for enamel grates) on one side and stiff stainless steel bristles (for cast-iron grates) on the other; extended handle for large grills.
DOWNSIDE Bulky; brass bristles are a bit too soft—and less effective than stainless steel bristles.

(3) WEBER HEAVY-DUTY GRILL BRUSH
$35 *amazon.com*
UPSIDE Thick-set, fine, soft bristles for thorough cleaning; includes extra scouring pad for cleaning grill interior; durable stainless steel handle has comfortable rubber grip.
DOWNSIDE Expensive; narrow head; scraper on the end of the brush head gets in the way when cleaning the grate at the back of a grill.

(4) GRILL DOZER STEAM CLEANING GRILL BRUSH
$15 *amazon.com*
UPSIDE Spray system releases a fine stream of water that steams on contact with a hot grate to loosen debris; three-sided head simultaneously cleans grill's sides, top and grate.
DOWNSIDE Flimsy plastic construction; narrow head; scraper on the end of the brush head gets in the way when cleaning the grate at the back of a grill.

(5) BRUSHTECH SPIRAL HEAVY DUTY BBQ GRILL BRUSH
$15 *brushtechbrushes.com*
UPSIDE Wide, three-sided panel of brass bristles attacks grill grate from all angles for quick and thorough cleaning; dishwasher-safe.
DOWNSIDE Brush head cannot be replaced.

TURN FOR THE RECIPE

FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY LAURA DOTOLO FOR HALLEY RESOURCES.

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The Holiday Rescue Crew

Snyder's of Hanover teams up with Rachael Ray's Design Buddy Evette Rios to show you how to share the best

Evette's Best Ways to Share Your Vacation Memories

Vacations are all about relaxing, so keep that vibe going—just throw a blanket over a picnic table, and you're ready for a casual pretzel party!

Craving Something Creative? Try Evette's Pretzel-Shaped Napkins

WHAT YOU'LL NEED

Napkins or kitchen towels. String, a twist tie or ribbon. Scissors.

- Twist your napkin the long way so that you have a long noodle shape
- Grab the two ends and twist them together so that you have an O-shape with a tail
- Now grab the ends and twist them back to the center of the "O", leaving a little bit of the tail hanging
- Secure your napkin in this shape by tying ribbon, twine or twist tie around the end

Also check out how to make Evette's pretzel box placemats and centerpieces at EDWRRchatandchew.com/snyders

Evette's Road Trip-Inspired Party Tips

- **Bring back the flavor:** Dips are a great regional treat to bring home for family and friends. Combine them with a variety of pretzels and everyone will get a taste of your vacation!
- **Photo finish:** Print out your vacation pics on transfer paper, cut into the shape you want and glue them onto clear plastic cups—your guests can even take the cups home as a party favor!
- **Spoon it out:** Every tourist attraction carries cute little souvenir spoons. Collect them as you travel to add a special regional touch to whatever you're serving.

Text-to-Win

Text "RESCUE" to 30364 and enter to win a party makeover gift basket from Evette filled with her favorite ways to share the best—including Snyder's of Hanover Sourdough Pretzels! Check out **EDWRRchatandchew.com/snyders** to meet our crew of experts, see videos of them in action, enter online and more. And pick up the October issue to see how Gretta Monahan can turn any party into a stylish and unforgettable soiree.

No purchase necessary to enter or win. Sweepstakes begins 5/18/10 and closes 10/18/10. Open to legal residents 21 and over of the United States, its territories and possessions. Void where prohibited. For entry and other details, including official rules, visit chatandchew.rachaelraymag.com. Sponsored by The Reader's Digest Association, Inc., the publisher of *Every Day with Rachael Ray*, and Snyder's of Hanover. Message and data rates apply. Text STOP to end/HELP for help at any time.

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snydersofhanover.com

*Snyder's Honey Mustard & Onion Pieces (7g of fat/28g serving) have 30% less fat than America's best-selling flavored potato chips.

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In other words, our new Grilled Chicken & Spinach Cannelloni with Alfredo Sauce won't stay in your freezer for long. You'll immediately want to devour the tender semolina dough filled with natural white meat chicken, spinach and four premium cheeses baked together and topped with a decadent Alfredo sauce. On exhibit in your grocer's freezer.

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USE YOUR GRILL BRUSH TO CLEAN UP AFTER YOU

make this

Elvis-Style Grilled Banana Sundaes

SERVES 6 **PREP** 5 MIN **GRILL** 15 MIN

- **6 slices thick-cut bacon**
- **Vegetable oil, for brushing**
- **3 bananas, peeled and halved crosswise and lengthwise**
- **Peanut butter ice cream**
- **Honey, at room temperature, for drizzling**
- **⅓ cup chopped butter toffee or honey-roasted peanuts**

1. Preheat half of a grill to low heat and the other half to medium heat. Arrange the bacon on the grate over low heat, cover and cook, turning halfway through, until crisp, about 10 minutes. Drain on paper towels, then crumble.

2. Brush the hot grate with oil and arrange the bananas cut side down on the grate over medium heat. Cover and grill until grill marks appear, 1 to 2 minutes. Flip, cover and grill for 1 minute more.

3. Divide the warm banana pieces among 6 bowls. Add scoops of the ice cream, drizzle with the honey and top with the crumbled bacon and the butter toffee.

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Stonyfield Organic

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Log on to chatandchew.RachaelRaymag.com to vote for your favorite recipe. Then try the recipes at home and discover how to lighten up any recipe with **Stonyfield Organic Yogurt.**

Eggplant Hummus

Kathleen Iriarte, Lake Zurich, IL

Pumpkin Pancakes

Patricia Sikora, Andover, MN

Springtime Fruit Salad

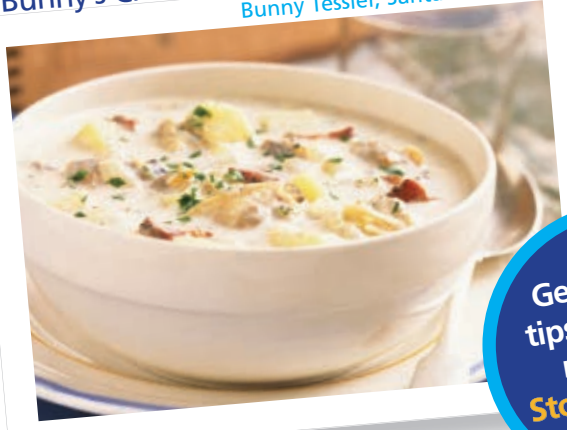
Nancy Reynolds, Austin, TX

Tandoori Spiced Chicken Pita Pizzas

Angela Spengler, Clovis, NM

Bunny's Clam Chowdah

Bunny Tessier, Santa Cruz, CA



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Contest entry is now closed. Please visit chatandchew.RachaelRaymag.com from July 13 to July 20, 2010, to vote and to see the official rules.
Contest sponsored by the Reader's Digest Association, the publisher of *Every Day with Rachael Ray* Magazine.

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before
AMOUNT PER SERVING
Calories **535**
Saturated Fat **11g**
Dietary Fiber **13g**
Protein **20g**

after
AMOUNT PER SERVING
Calories **424**
Saturated Fat **2g**
Dietary Fiber **19g**
Protein **31g**

Recipe Makeover

We cut this picnic standard down to size.

BY **TRACEY SEAMAN** | PHOTOGRAPH BY **CON POULOS**

change is good

Swap in nitrate-free turkey dogs for regular beef hot dogs to help slash saturated fat by 80 percent.

Add more beans per serving for a fiber and protein boost.

Forgo the brown sugar and molasses to reduce total sugar by two-thirds.

Franks and Beans

SERVES 4
PREP 10 MIN (PLUS SOAKING)
COOK 1 HR 15 MIN

- ¾ pound dried pinto beans, soaked overnight and drained
- 4 large cloves garlic
- Salt
- 1 tablespoon extra-virgin olive oil
- One 12-ounce package nitrate-free turkey hot dogs, such as Applegate Farms, sliced
- 1 tablespoon ancho chile powder
- 1 teaspoon ground cumin
- 1 cup tomato sauce

1. In a large saucepan, bring the beans, garlic and 6 cups water to a boil. Reduce the heat to medium-low, cover partially and simmer, stirring occasionally, until the beans are very tender, about 1 hour and 15 minutes. Season with salt.
2. Meanwhile, in a medium skillet, heat the olive oil over medium heat. Add the turkey hot dogs and cook, stirring, until lightly browned. Add the chile powder and cumin and cook for 1 minute. Stir in the tomato sauce. Add the mixture to the beans and stir well.

FOOD STYLING BY ANNE DISRUDE; PROP STYLING BY PAM MORRIS. NUTRITIONAL ANALYSIS BY SUKI HERTZ.

web **We've lightened up** more recipes at rachaelraymag.com/august.

myth of the month **Watermelon is a great thirst quencher, but has no nutritional value.** **THE REAL DEAL** This fun summer fruit has a serious side: It contains high concentrations of the powerful antioxidant lycopene, which may help reduce the risk of prostate cancer.

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Old School...New School

Classic dishes aren't born, they're made—time and time again. This month, we celebrate how mac 'n' cheese has touched our taste buds, and our lives.

BY JENNY BAILLY

READER'S STORY

As a kid, Shannon Hutchins, the daughter of a single mom, was in charge of making dinner—and mac 'n' cheese was often on the menu. The cheese was Velveeta, the noodles elbow, and, on special occasions, the whole thing was served on a bed of Fritos. In the years since, Hutchins' recipe (now minus the Fritos) has become legendary among her far-flung social circle. **The secret to its appeal? Liberal amounts of butter, and no surprises.** "I've flown across the country with my mac 'n' cheese," says Seattle-based Hutchins. "A friend in New York even asked me to overnight it to him. That wouldn't end well."

WANT SHANNON'S RECIPE? Visit rachaelraymag.com/august.

RACH'S STORY

"I just can't write enough mac 'n' cheese variations—just like my burgers. And really, isn't it understandable? Macaroni plus cheese plus anything you like: How can you go wrong?" **For Rach's new-school twist on mac 'n' cheese, and to let her make over your dish, visit rachaelraymag.com/august.**

New York City's **Macbar** serves 12 kinds of mac 'n' cheese—and nothing else. Try Mac Stroganoff or Mac Quack (with duck confit). Or, for just a taste, request the Mini Mac 'n' Cheese, a fave of a certain portion-controlling celebrity customer.

Not long after its 1937 debut, Kraft's instant macaroni and cheese dinner became a huge success. During World War II, hardworking **Rosie the Riveters** appreciated its convenience—and the fact that it cost only one ration point.

California copy editor Ian Golder actually collects macaroni and cheese—boxes, that is. After almost 20 years, he's amassed packaging from more than **400 brands**. "They're like snowflakes: No two are exactly alike," he says.

The feud might not rival that of the Hatfields and the McCoys, but mac 'n' cheese lovers fall into two impassioned camps: **creamy versus baked**. One group loves a silky mixture from the saucepan; the other swears by a dish straight from the oven, with a crispy top.

In 1993 **Crayola** introduced "macaroni and cheese" into its box of 96 colors. The shade is, of course, in the orange family, and is described as a good choice for creating "sunny landscapes."

In a classic **2000 *Friends* episode**, Joey auditions for a part on a TV show called *Mac and C.H.E.E.S.E.*—but it's about crime, not carbs. He plays a sci-fi hero (Mac Machiavelli) who works with a robot named C.H.E.E.S.E. (Computerized Humanoid Electronically Enhanced Secret Enforcer).

We're not the only country obsessed with mac 'n' cheese. **The Caribbean version, called "macaroni pie,"** is often spiked with chiles, then baked and served in slices or squares.

RECIPE PHOTOGRAPH BY KANA OKADA; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY TIZIANA AGNELLO. RACHAEL RAY, ADAM OLSZEWSKI; BANKS AND ROSIE THE RIVETER, GETTY IMAGES; STOVE AND PEPPERS, ISTOCKPHOTO.COM; *FRIENDS*, WARNER BROS./COURTESY NEAL PETERS COLLECTION.

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Your child could be

oneless

person affected by HPV disease.

Now you can help protect both your son and daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

GARDASIL®

[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

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USPPI
Patient Information about GARDASIL® (pronounced "gard-Ah-sill")
Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL®[1]. You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):
- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?
- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?
You should not get GARDASIL if you have, or have had:
- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?
Tell your health care provider if you:
- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:
- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

What are the possible side effects of GARDASIL?
The most common side effects with GARDASIL are:
- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:
- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:
- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

Issued October 2009

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MERCK & CO., Inc.
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Dinners for 10 Bucks (or Less)

BY **SUSIE LILLY OTT**

Lemon-Curry Tilapia and Cool Cucumber Salad

SERVES 4 **PREP** 10 MIN **COOK** 5 MIN

- ¾ cup plain nonfat yogurt
- ½ cucumber, peeled and shredded
- 1 carrot, shredded
- Juice of 1 lemon
- Salt and pepper
- 2 tablespoons extra-virgin olive oil
- Four 4-ounce tilapia fillets
- 1 teaspoon sweet smoked paprika
- 1 teaspoon curry powder
- 1 scallion, finely chopped

1. In a medium bowl, combine the yogurt, cucumber, carrot and 1 tablespoon lemon juice; season with salt.
2. In a large nonstick skillet, heat the olive oil over medium-high heat. Season the tilapia with the paprika, curry powder, salt and pepper. Add to the skillet and cook, turning once, until just cooked through, about 5 minutes. Drizzle with the remaining lemon juice. Serve with the cucumber salad and top both with the scallion.

THE RECEIPT

Plain nonfat yogurt	$0.48
Cucumber	$0.50
Carrot	$0.09
Lemon	$0.69
Extra-virgin olive oil	$0.22
Tilapia fillets	$6.72
Paprika	$0.05
Curry powder	$0.23
Scallion	$0.06

TOTAL: $9.04

Salt and pepper are freebies.

$2.26
per person

PHOTOGRAPHY BY DAN ROBERTS; FOOD STYLING BY SARAH THOMPSON; PROP STYLING BY MELISSA HABERMAN.

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Chicken with Caponata Ragout

SERVES 4 **PREP** 30 MIN **BAKE** 20 MIN

- 2 bone-in chicken breast halves (about 1½ pounds), halved crosswise
- Salt and pepper
- 3 tablespoons extra-virgin olive oil
- 1 small eggplant (about 1 pound), chopped
- ½ onion, chopped
- 1 rib celery, chopped
- 1 tomato, chopped
- 1 cup tomato juice
- 2 tablespoons chopped fresh basil
- 2 tablespoons red wine vinegar
- 1 tablespoon brown sugar

1. Preheat the oven to 350°. Season the chicken with salt and pepper. In a large, ovenproof skillet, heat 1 tablespoon olive oil over medium-high heat. Add the chicken, skin side down, and cook, turning once, until well browned, about 8 minutes; transfer to a plate.

2. Add 1 tablespoon olive oil and the eggplant to the skillet and cook, stirring frequently, over medium heat until softened, about 8 minutes; transfer to a bowl. Add the remaining 1 tablespoon olive oil, the onion and celery to the skillet and cook, stirring frequently, for 3 minutes. Add the cooked eggplant, the tomato and tomato juice to the skillet. Arrange the chicken, skin side up, and any juices on top of the vegetable mixture and bake until the chicken is cooked through, about 20 minutes.

3. Transfer the chicken to a platter. Add the basil, vinegar and brown sugar to the eggplant caponata, stirring to dissolve the sugar; season with salt and pepper. Serve the chicken with the caponata.

$2.07
per person

THE RECEIPT

Chicken breasts	$4.03
Extra-virgin olive oil	$0.33
Eggplant	$1.99
Onion	$0.32
Celery	$0.13
Tomato	$0.62
Tomato juice	$0.34
Fresh basil	$0.25
Red wine vinegar	$0.22
Brown sugar	$0.03

TOTAL: $8.26
Salt and pepper are freebies.

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Pasta with Minted Pattypan Squash

SERVES 4 **PREP** 15 MIN **COOK** 20 MIN

- 1 pound farfalle pasta
- 3 tablespoons extra-virgin olive oil
- 1¾ pounds small pattypan squash, quartered
- 1 tablespoon fresh lemon juice, plus 1 teaspoon grated peel
- ½ onion, chopped
- 3 cloves garlic, finely chopped
- ¾ cup finely chopped fresh mint
- ¾ cup grated parmesan cheese
- Salt and pepper

1. In a pot of boiling, salted water, cook the pasta until al dente; drain, reserving ⅓ cup of the cooking water.
2. Meanwhile, in a large skillet, heat 2 tablespoons olive oil over high heat. Working in 2 batches, add the squash and cook, turning occasionally, until browned, about 5 minutes. Transfer to a large bowl; stir in the lemon juice.
3. Lower the heat to medium-high; add the remaining 1 tablespoon olive oil to the skillet. Add the onion and cook, stirring, until softened, about 3 minutes. Stir in the garlic, lemon peel and reserved pasta cooking water.
4. Add the pasta to the squash mixture. Toss in the mint and cheese; season with salt and pepper.

$2.48
per person

THE RECEIPT

Farfalle pasta	$1.49
Extra-virgin olive oil	$0.33
Pattypan squash	$3.48
Lemon	$0.35
Onion	$0.32
Garlic	$0.15
Fresh mint	$1.99
Parmesan cheese	$1.80

TOTAL: $9.91
Salt and pepper are freebies.

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THE RECEIPT

Red wine vinegar	$0.11
Dijon mustard	$0.07
Garlic	$0.05
Extra-virgin olive oil	$0.55
Canned cannellini beans	$1.19
Cherry tomatoes	$0.87
Italian bread	$2.59
Watercress	$1.98
Salami	$1.56

TOTAL: $8.97

Salt and pepper are freebies.

$2.24
per person

Salami, White Bean and Watercress Crostini

SERVES 4 **PREP** 20 MIN **COOK** 3 MIN

- 1 tablespoon red wine vinegar
- 1 teaspoon dijon mustard
- 1 clove garlic, finely chopped
- 5 tablespoons extra-virgin olive oil
- Salt and pepper
- One 15-ounce can cannellini beans, rinsed
- 3 ounces cherry tomatoes, halved
- Four ½-inch-thick slices round italian country bread
- 2 bunches watercress, trimmed
- 4 ounces thinly sliced salami, cut into ribbons

1. Preheat the broiler. In a small bowl, combine the vinegar, mustard, garlic and 3 tablespoons olive oil; season with salt and pepper. In a medium bowl, coarsely mash the beans. Stir in the vinaigrette and tomatoes.
2. Brush the bread on one side with the remaining 2 tablespoons olive oil. Broil oiled side up until golden. Divide the watercress among the crostini and top with the bean mixture and salami ribbons.

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Snyder's of Hanover

The Holiday Rescue Crew—showing readers how to share the best! Check out **EDWRRchatandchew.com/snyders** to meet our experts, see videos of them in action, enter to win a party makeover, and more! And be sure to pick up the October issue to see how Gretta Monahan can turn any party into a stylish and unforgettable soiree!

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As the newest Milk Mustache celebrity, Chef Tyler Florence is helping launch the "Milk the Moment" campaign. It invites moms to share how they maximize family time and get a chance to win great prizes—including an unforgettable family dinner experience with him! Visit **WhyMilk.com** for your chance to instantly win.

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Italian Veggie Dip

Ingredients:

- 1 container (16 oz.) sour cream or reduced-fat sour cream
- 1 package (0.7 oz.) dry Italian salad dressing mix
- Keebler® Town House Flipsides® Original Crackers
- Carrot sticks, celery sticks or broccoli florets

Directions:

In small bowl, whisk together sour cream and salad dressing mix. Cover and refrigerate at least 1 hour.

Serve with Town House® Flipsides® Original Crackers and carrot sticks

Yield: 2 cups, 16 servings

For more recipes and nutrition information visit **snackpicks.com**

Visit **chatandchew.RachaelRaymag.com** for complete details on all programs and events or e-mail us at **howcoolisthat@rd.com**.

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Pork Schnitzel and Creamy Corn

SERVES 4 **PREP** 20 MIN **COOK** 15 MIN

- **3 slices day-old white bread, torn**
- **½ cup flour**
- **Salt and pepper**
- **2 eggs**
- **1 cup vegetable oil**
- **One 1-pound pork tenderloin, cut crosswise into 4 pieces**
- **2 tablespoons butter**
- **½ red bell pepper, finely chopped**
- **7 ears corn, kernels scraped off**
- **¼ cup half-and-half**

1. Using a food processor, pulse the bread until finely ground. Transfer the crumbs to a shallow bowl. In another shallow bowl, season the flour with salt and pepper. In a third bowl, whisk the eggs with 1 teaspoon oil.

2. Working with 1 piece at a time, place the pork between 2 sheets of plastic wrap and pound into ¼-inch-thick cutlets. Dredge each cutlet in the seasoned flour, shaking off any excess; dip in the egg, then coat with the breadcrumbs. Place on a wire rack.

3. In a saucepan, melt the butter over medium heat. Add the bell pepper and cook, stirring, for about 3 minutes. Add the corn and ½ cup water, cover and cook until tender, about 8 minutes. Stir in the half-and-half and cook for 3 minutes; season with salt and pepper.

4. Meanwhile, in a large skillet, heat the remaining oil over medium-high heat until smoking. Working in 2 batches, add the breaded cutlets and cook, turning once, until golden, about 5 minutes. Transfer to a paper-towel-lined plate. Serve with the corn.

THE RECEIPT

White bread	$0.54
Flour	$0.07
Eggs	$0.28
Vegetable oil	$0.56
Pork tenderloin	$3.00
Butter	$0.15
Red bell pepper	$0.75
Corn on the cob	$2.68
Half-and-half	$0.13

TOTAL: $8.16

Salt and pepper are freebies.

$2.04
per person

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Spanish-Style Cod

Rach's pal **Daisy Martinez** imports a protein-packed plate from Barcelona.

> "The combination of buttery cod and salty serrano ham is always a big hit with guests."
> —DAISY

behind the recipe

Christina: This dish was fantastic, and I'm usually not a fan of cod, though my 20-month-old son, Griffin, loves it. What inspired this dish?
Daisy: I ate it while traveling through Barcelona—the Spanish love cod and leeks. Kids enjoy this fish because it's mild. You could also use any other nonoily whitefish, like pollack or haddock.

C: What's serrano ham?
D: It's a ham cured in the mountain regions of Spain. Serrano's a good choice since it's not too expensive.

C: What if you can't find serrano ham?
D: I would use prosciutto—but don't buy an expensive imported one. The domestic kind is fine for this dish. Bacon works, but the dish will be saltier and smokier.

C: Cleaning leeks can be tricky. Any tips?
D: First, cut off the dark green parts and trash them. Then, cut off the roots. After that, I take the knife and run it lengthwise through the center, turn it a quarter-turn and slice it again. Then I swish the leeks around in a bowl of water. Grit and sand should sink to the bottom.

C: Why do you dredge the fish in flour?
D: Cod flakes easily when cooked. Dredging keeps the fish from falling apart. It also makes for a crisp crust.

C: What else would you serve with leeks and ham?
D: A chicken cutlet or breast would be great. The leek mixture would even be great in a taco!

Every Day with Rachael Ray's Christina Stanley-Salerno (left) dishes with Daisy.

Pan-Seared Cod with Leeks and Serrano Ham

SERVES 6 **PREP** 10 MIN **COOK** 15 MIN

- 3 tablespoons extra-virgin olive oil
- 3 leeks, white and pale green parts only, thinly sliced crosswise and rinsed thoroughly
- 1 teaspoon fresh thyme leaves
- Grated peel and juice of 1 lemon, plus 1 lemon, cut into 6 wedges
- ¼ pound serrano ham, coarsely chopped
- Salt and pepper
- Six 5-ounce cod fillets
- ½ cup vegetable oil
- 1 cup flour

1. In a large skillet, heat the olive oil over medium-high heat. Add the leeks, thyme and lemon peel and cook, stirring, until the leeks are softened and translucent, about 3 minutes. Add the ham and cook, stirring, until heated through, about 3 minutes. Stir in the lemon juice and season with salt and pepper. Transfer to a medium bowl and cover to keep warm.
2. Season the fish fillets with salt and pepper. In the same large skillet, heat the vegetable oil over high heat. Coat the fish in the flour, shaking off any excess, and place in the skillet. Cook, turning once, until golden and just opaque in the center, about 8 minutes.
3. Divide the leek mixture among 6 plates and top each mound with a fillet. Serve with the lemon wedges.

RECIPE PHOTO BY CHARLES MASTERS; FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY TIZIANA AGNELLO. PORTRAIT BY STEPHEN SCOTT GROSS; PROP STYLING BY VICKI PETRO CONROY; WARDROBE STYLING BY CATE SHEEHY; MAKEUP BY BRIGITTE PHILIPPIDES; HAIR BY VIOLETTE TONUZI.

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is the day to talk to your doctor about overactive bladder and TOVIAZ® – a pill that comes with a plan.

With Toviaz® (fesoterodine fumarate) and the plan, you're helping manage your overactive bladder (OAB) symptoms in two ways:

- with a pill created to help reduce symptoms all day and all night.*
- and a plan that offers you practical tips, tools and resources to help you take an active role in your treatment.

Visit Toviaz.com or call 1-877-TOVIAZ-9

*Results may vary.

The plan focuses on four core areas:

- food & drink
  make more informed choices
- teach your bladder
  train your bladder to "wait"
- daily Toviaz®
  always take as directed
- keep track
  share with your doctor

Toviaz® treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often).

Important Safety Information

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz. Medicines like Toviaz can cause blurred vision, drowsiness, and decreased sweating. Use caution when driving, doing unsafe tasks, or in especially hot environments, until you know how Toviaz affects you. Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness. The most common side effects are dry mouth and constipation. Toviaz has benefits and risks. There may be other options.

You're encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Pfizer *Please see Important Product Information on back.*

Toviaz®
fesoterodine fumarate
extended release tablets 4mg and 8mg

FEU00183C

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IMPORTANT FACTS

Toviaz®
fesoterodine fumarate
extended release tablets 4mg and 8mg

(TOH-vee-as)

ABOUT OVERACTIVE BLADDER

Overactive bladder happens when the bladder muscle squeezes too often or when you don't want it to. You may have wetting accidents (urge urinary incontinence). You may have a strong need to urinate right away (urgency). You may also have to go too often (frequency).

WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

Adults 18 years and older with symptoms of overactive bladder. TOVIAZ has not been studied in children.

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

- Are not able to empty your bladder (urinary retention).
- Your stomach empties slowly (gastric retention).
- Have an eye problem called "uncontrolled narrow-angle glaucoma."
- Are allergic to TOVIAZ or any of its ingredients.

BEFORE YOU START TOVIAZ

Tell your doctor about all your medical conditions, including:

- Stomach or intestinal problems or problems with constipation.
- Problems emptying your bladder or if you have a weak urine stream.
- Treatment for an eye problem called narrow-angle glaucoma.
- Kidney problems.
- Liver problems.
- A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant. It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

POSSIBLE SIDE EFFECTS OF TOVIAZ

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry eyes
- Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ. For a complete list, ask your doctor or pharmacist.

HOW TO TAKE TOVIAZ

- Take TOVIAZ exactly as your doctor tells you.
- Your doctor may give you the lower 4 mg dose of TOVIAZ if you have certain medical conditions, such as severe kidney problems.
- Take TOVIAZ with liquid and swallow the tablet whole. Do not chew, divide or crush the tablet.
- You can take TOVIAZ with or without food.
- If you miss a dose of TOVIAZ, begin taking TOVIAZ again the next day. Do not take two doses of TOVIAZ in the same day.

Things you should keep in mind when taking TOVIAZ:

- Use caution in driving, operating machinery, or doing other dangerous activities until you know how TOVIAZ affects you. Blurred vision and drowsiness are possible side effects of medicines such as TOVIAZ.
- Use caution in hot environments. Decreased sweating and severe heat illness can occur when medicines such as TOVIAZ are used in a hot environment.
- Drinking alcohol while taking medicines such as TOVIAZ may cause increased drowsiness.

What is TOVIAZ?

TOVIAZ is a prescription medicine used in **adults** to treat symptoms of a condition called **overactive bladder**, including:

- Urge urinary incontinence—leaking or wetting accidents due to a strong need to urinate.
- Urinary urgency—having a strong need to urinate right away.
- Urinary frequency—having to urinate too often.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information.
- Go to www.Toviaz.com.
- Call **1-877-9-TOVIAZ**.

Uninsured? Need help paying for Pfizer medicine?
Pfizer has programs that can help.
Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

helpful answers™

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FEU00183D

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no-sweat cooking

Now that the dog days of August have hit, we're cooking with a new set of rules. Well, actually, there's only one rule: *Easy does it.* The plan is to put in minimal time and effort while making delicious meals that satisfy everyone. We've assembled the essential guide for navigating the *31 days* of August: Try out these cool, *fuss-free* foods that go beyond the *no-cook* basics. You might even use the stovetop or toaster oven, but not long enough to feel the heat. After all, the goal for summer is to spend less time inside and more time outside.

BY **MELISSA CLARK** | PHOTOGRAPHY BY **ROMULO YANES**

Scallop-and-Cantaloupe Ceviche

SERVES 4

Slice **1 pound sea scallops** horizontally into ¼-inch-thick coins. In a medium bowl, combine the scallops, **2 finely chopped scallions** and **½ seeded and finely chopped jalapeño chile**. Stir in **½ cup each fresh lemon juice and lime juice** and **4 strips lime peel**; toss the mixture to coat. Cover tightly and refrigerate, stirring once halfway through, until the scallops are opaque, 1½ to 2 hours. Discard the lime peel, stir in **1 cup finely cubed cantaloupe** and **2 tablespoons chopped fresh mint** and season with **salt** and **pepper**; serve immediately.

FOOD STYLING BY PAUL GRIMES; PROP STYLING BY CINDY DIPRIMA.

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SECRET WEAPON #1

toaster oven

> A standard oven can be too hot to handle on a toasty day, so turn to its summer-friendly cousin. Use it to toast nuts and bread, melt cheese, broil shrimp and bacon, or blister tomatoes and bell peppers. Dessert can benefit, too: Bake off mini batches of cookies or broil berries mashed with sugar for an ice cream topping.

2nd

Yellow Gazpacho

SERVES 4

Using a blender, puree **1 pound chopped yellow tomatoes** (about 2½ cups), **1 cup chopped seedless yellow watermelon**, **1 chopped yellow bell pepper**, **1 chopped kirby cucumber**, **2 tablespoons chopped shallot**, **1 chopped clove garlic**, **½ of a peeled and chopped kiwi** (finely chop the other half and reserve for sprinkling), **1½ teaspoons sherry vinegar**, **¾ teaspoon salt** and **¼ teaspoon pepper**. With the machine on, drizzle in **¼ cup extra-virgin olive oil**. Divide into 4 bowls and top each with **1 tablespoon crumbled feta cheese**, the reserved kiwi and **fresh cilantro**.

3rd

Rotisserie Chicken Tonnato with Tomato Salad

SERVES 4

Using a food processor, puree **one 6-ounce can undrained tuna packed in oil**, **½ cup mayonnaise**, **¼ cup extra-virgin olive oil**, **3 anchovy fillets** and **2 tablespoons each drained capers, fresh lemon juice and water**. Remove the meat from **one 3½-pound rotisserie chicken** (discard the skin and bones) and slice; drizzle with the tonnato sauce. In a small bowl, toss together **1 pint quartered grape tomatoes** and 1 tablespoon extra-virgin olive oil; season with **salt** and **pepper** and stir in **a handful of chopped fresh summer herbs** (such as basil, chives or tarragon). Serve the tomato salad with the chicken.

6th

creamy tomato, shrimp & fusilli

Steep chopped fresh oregano in olive oil and toss with cooked fusilli, cooked shrimp, chopped tomato and crème fraîche.

7th

VIETNAMESE CHICKEN SALAD

Whisk together asian fish sauce, lime juice and a pinch each sugar and crushed red pepper; toss with shredded rotisserie chicken, coleslaw mix, slivered red bell peppers and mint and cilantro leaves.

8th

cornbread panzanella

Toss stale cornbread cubes with chopped tomatoes, fresh oregano, mozzarella and capers; dress with olive oil and balsamic vinegar.

9th

lox 'n' goat cheese crostini

Roll a goat cheese log in chopped dill; wrap in smoked salmon. Slice and serve on baguette slices.

10th

BLACK BEAN QUESADILLAS

Fill a tortilla with black beans, thawed frozen corn kernels, avocado, scallion and jack cheese. Toast until the cheese is melted.

11th

sweet & spicy blt

Spread toasted bread with pepper jelly and mayonnaise. Assemble with sliced tomatoes, lettuce leaves and cooked bacon.

SECRET WEAPON #2

stovetop

> No matter what the thermometer says, sometimes you just crave a bowl of pasta. In the time it takes to boil water, you can whip up a summery no-cook sauce and slice up veggies for a meal. When it comes to ingredients worth their time on the stovetop, think quick and easy—other favorite 15-minute (or less!) cheats include eggs, quinoa and instant rice. These will add a satisfying heft to keep the hungriest of eaters satisfied.

4th

Herbed Crab Salad-Stuffed Avocados

SERVES 4

In a medium bowl, whisk together **⅓ cup mayonnaise**, **2 tablespoons chopped fresh summer herbs** (such as basil, tarragon or chives), **1 teaspoon red wine vinegar** and **a pinch pepper**. Using the flat side of a knife, smash **2 chopped cloves garlic** with **a pinch salt**; whisk the paste into the mayonnaise mixture. Stir in **8 ounces lump crabmeat** and **⅓ cup chopped celery**. Divide the crab salad among **4 pitted avocado halves**.

Spinach-Yogurt Dip with Pomegranate and Walnuts

SERVES 6

In a large bowl, whisk together **two 7-ounce containers greek-style yogurt**, **2 tablespoons extra-virgin olive oil** and **1 tablespoon chopped fresh dill**. Using the flat side of a knife, smash **2 chopped cloves garlic** with **½ teaspoon salt**. Whisk the paste and some **pepper** into the yogurt mixture. Squeeze dry **one 10-ounce package thawed frozen chopped spinach**; stir into the yogurt mixture. Sprinkle with **dried chopped mint** and **2 tablespoons chopped toasted walnuts**. In a small bowl, whisk together **1 tablespoon each extra-virgin olive oil and pomegranate juice**; drizzle over the dip before serving. Serve with crackers, pitas or crudites.

5th

12th

herbed tabbouleh salad

Mix prepared bulgur with canned chickpeas, roasted pepper strips and chopped parsley; season with extra-virgin olive oil and fresh lemon juice.

13th

spicy summer rolls

Fill softened rice paper wrappers with deli roast pork, grated carrots and chopped watercress. Roll up and serve with store-bought asian chili sauce.

14th

SMOKED TROUT-AND-CUCUMBER SALAD

Whisk together a dressing of extra-virgin olive oil, yogurt, fresh lemon juice and chopped dill. Serve over a bed of arugula, sliced cucumber and smoked trout fillets.

15th

salami-and-olive couscous

Toss prepared couscous with finely chopped garlic, chopped fresh parsley, chopped salami, sliced kalamata olives, extra-virgin olive oil and fresh lemon juice.

16th

white bean & avocado wraps

Mash together avocado and canned white beans. Spread onto a wrap and layer with chopped radicchio and onion and grated cheddar before rolling.

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SECRET WEAPON #3

> No-cook starches are a no-sweat cook's best friend. Just put on the kettle for an ingredient that's ready in minutes. Follow package directions for ingredients like **rice paper wraps** or **cellophane noodles**, or "cook" foods like **couscous** or **bulgur** by adding hot water and covering tightly with plastic wrap.

SECRET WEAPON #4

microwave oven

Use this electromagnetic ace in the hole to steam veggies in a snap: Wash and trim one serving of vegetables (about 1 cup), place in a microwavable bowl, cover with a plate and set the timer as follows.

VEGETABLE COOK TIMES

> Asparagus **1 to 2 min**
> Beets, halved **5 to 7 min**
> Bell peppers, sliced **1 to 2 min**
> Broccoli **1 to 3 min**
> Broccoli rabe **1 to 2 min**
> Cauliflower **3 to 4 min**
> Corn on the cob, husked, cut into thirds **3 min**
> Eggplant, cubed **2 to 3 min**
> Green beans **1 to 2 min**
> Potatoes, pierced **4 min**
> Sugar snap peas **30 sec**

17th

Arugula Pesto Pasta with Ricotta and Bacon

SERVES 6

Using a blender or food processor, puree **8 cups arugula** (about 6 ounces), **1 cup basil leaves**, **½ cup each pine nuts and grated parmesan cheese**, **2 cloves garlic** and **1½ teaspoons salt**. With the machine on, drizzle in **⅔ cup extra-virgin olive oil** until combined. Using a vegetable peeler, shave **½ pound trimmed asparagus** into long, thin strips. Cook **1 pound pasta** (such as campanelle or farfalle) until al dente; drain and immediately toss with the pesto and asparagus. Season with salt. Top each serving with a dollop of **fresh ricotta cheese** and **crumbled crisp-cooked bacon**.

20th

pepperoni flatbreads

Brush flatbreads with extra-virgin olive oil and top with shredded mozzarella and pepperoni. Toast until the cheese melts; top with chopped tomatoes and basil.

21st

prosciutto-radish sandwiches

Layer buttered baguette halves with prosciutto, thinly sliced radishes and a sprinkle of coarse salt.

22nd

SUMMER SQUASH CARPACCIO

Using a vegetable peeler, shave ribbons of summer squash; toss with extra-virgin olive oil, fresh lemon juice, grated parmesan cheese and toasted pine nuts.

23rd

shrimp-and-papaya salad

Combine cubed papaya and jicama with chopped cooked shrimp and chopped chives; dress with extra-virgin olive oil and fresh lime juice.

24th

peanut noodles

Dress prepared cellophane noodles with store-bought asian-style peanut sauce, chopped scallions, honey-roasted peanuts and chopped cilantro.

25th

KALE SALAD WITH APPLES & CURRANTS

Toss a pinch of salt with chopped kale. Fold in dried currants and chopped hazelnuts and apples; dress with extra-virgin olive oil and cider vinegar.

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Triple Chocolate-Coconut Refrigerator Cake

SERVES 8

Using an electric mixer, whisk together **1¾ cups heavy cream**, **3 tablespoons confectioners' sugar** and **1½ tablespoons cocoa powder** until soft peaks form. Spread about ⅓ cup into an 8-inch round on a large serving platter. Arrange 6 **chocolate wafer cookies** in a circle on top and place an additional cookie in the center. Spread another ⅓ cup whipped cream evenly onto the cookies; sprinkle **sweetened shredded coconut** on top. Layer 7 more chocolate wafers on top in the same arrangement, followed by another layer of whipped cream and coconut; repeat to make 5 layers total, ending with cream. Sprinkle **shaved bittersweet chocolate** on top. Refrigerate for at least 4 hours and up to 2 days.

18th

Berry Tiramisu

SERVES 6

In a shallow bowl, whisk together **1½ cups brewed coffee**, **2 tablespoons sambuca** and **1 tablespoon granulated sugar** until the sugar is dissolved. In a separate bowl, whisk together **one 1-pound container mascarpone cheese**, **¼ cup heavy cream** and **2 tablespoons confectioners' sugar**. Using enough **ladyfinger cookies** to cover the bottom of an 8-inch square baking dish, dip the ladyfingers in the coffee mixture and arrange in an even layer at the bottom of the pan. Spread half of the mascarpone mixture on top. Repeat the two layers. Sprinkle with **cocoa powder** and **2 cups mixed berries**. Refrigerate the tiramisu for at least 2 hours and up to 2 days.

19th

26th

orange creamsicle smoothies

Using a blender, puree orange juice, milk, ice cubes, vanilla extract and a drizzle of honey until slushy.

27th

raspberry–ricotta crepes

Mash raspberries with granulated sugar and stir into ricotta; spread on a store-bought crepe and roll up to enclose. Sprinkle with confectioners' sugar.

28th

MUESLI WITH BUTTERMILK & BERRIES

Soak rolled oats overnight in buttermilk with honey, cinnamon and dried cherries; stir in berries, toasted almonds and more honey before serving.

29th

strawberry-vanilla yogurt pops

Fold strawberry preserves into vanilla yogurt; pour into ice pop molds and freeze.

30th

plums 'n' cream bread pudding

Fold chopped plums into softened ice cream and spread in a baking dish; top with cubed pound cake and toast until browned and crisp.

31st

FROZEN CHOCOLATE BANANA BITES

Freeze 1-inch pieces of banana. Melt chocolate chips in a microwave until smooth, then dip the banana pieces in to coat; roll in chopped peanuts and freeze.

via mags & avaxhome

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cook

recipes for real life

READY, SET

COOK

GET TOGETHER

GO AWAY

trip to bountiful

Use this season's superabundant tomatoes in all of their forms, from green to multicolored, baby to beefsteak. **The following 30-Minute Meals show you how.**

PHOTOGRAPH BY LEVI BROWN; PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE. TOMATOES COURTESY OF MELISSA'S/WORLD VARIETY PRODUCE INC., MELISSAS.COM.

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30 MINUTE MEALS

Bacon, Lettuce and Fried Green Tomato Sammies

Bowties with Smoked Almond Sauce, Bacon, Lettuce and Tomatoes

Pizza in the Raw with White Anchovies

White Bean, Tuna and Potato Salad

Pepper Steak Noodle Soup

Bucatini and Broccolini

Chicken Salad with Yogurt-Ranch Dressing

Cacio e Pepe with Warm Tomato Salad

Crispy Fish with Shaved Zucchini Salad

Chicken and Scallions with Smoky Romesco

Keep your summer cool with these easy meals—sammies, salads, pastas and more. BY **RACHAEL RAY**

Bacon, Lettuce and Fried Green Tomato Sammies

SERVES 4

8 slices good-quality smoky bacon
12 slices ½-inch-thick green tomatoes
Salt and pepper
Extra-virgin olive oil (EVOO), for frying
Flour, for dredging
2 egg whites, beaten
1 cup breadcrumbs
½ cup cornmeal
½ cup grated pecorino-romano cheese
1½ teaspoons granulated garlic (about ½ palmful)
1½ teaspoons granulated onion (about ½ palmful)
A handful flat-leaf parsley, chopped
2 teaspoons ground fennel seeds (about ⅔ palmful)
Grated peel of 1 lemon
1 head butter lettuce
4 crusty ciabatta rolls or quartered ciabatta bread
½ cup fresh ricotta cheese

Preheat the oven to 350°. Place the bacon on a slotted broiler pan, place the pan in the middle of the oven and bake until crisp, about 20 minutes.

Meanwhile, arrange the tomatoes on paper towels and salt generously on both sides; let the tomatoes weep. In a large skillet, heat ¼ inch EVOO over medium-high heat. Fill 3 shallow dishes, respectively, with the flour, the egg whites and the breadcrumbs mixed with the cornmeal, pecorino-romano, garlic, onion, parsley, fennel seeds, lemon peel, and pepper to taste. Coat the tomatoes in the flour, then in the egg whites, then in the seasoned breadcrumbs. Working in batches, add the tomatoes to the hot EVOO and fry until deep golden, 2 to 3 minutes on each side, wiping out the pan and replenishing with EVOO between batches. Let cool on a wire rack.

Place a couple of lettuce leaves on each roll bottom and stack with 3 tomato slices and 2 crisscrossed bacon slices. Top each with about 2 tablespoons ricotta and set the roll tops in place.

FOOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY ROBYN GLASER. FASHION STYLING BY JANE HARRISON-FOX; HAIR BY CARRIE FERNOW; MAKEUP BY KIM WHITE AT KIMWHITEMAKEUP.COM.

web

Get Rachael's 30-Minute Meals and other quick, easy recipes at rachaelraymag.com/30.

FOOD PHOTOGRAPHY BY **MARCUS NILSSON** | PORTRAIT BY **JIM WRIGHT**

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Bowties with Smoked Almond Sauce, Bacon, Lettuce and Tomatoes

SERVES 4

Salt and pepper
1 pound bowtie pasta
About ⅓ cup extra-virgin olive oil (EVOO), plus more for drizzling
12 slices good-quality smoky bacon (Oscar's Adirondack Mountain Smoke House is back!—oscarssmokedmeats.com), cut into ½-inch pieces
1 bunch flat-leaf parsley, trimmed (about 2 cups loosely packed)
A couple of generous handfuls grated parmigiano-reggiano cheese
3 to 4 tablespoons smoked almonds (a generous handful)
1 clove garlic, grated
1 pint cherry tomatoes or multicolored baby heirloom tomatoes
½ small red onion, finely chopped
1 head bibb or butter lettuce, leaves separated and torn

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving a ladleful of the pasta cooking water.

Meanwhile, heat a drizzle of EVOO in a skillet over medium-high heat. Add the bacon and brown to crisp up; transfer to a plate to drain.

Place the parsley, cheese, almonds and garlic in a food processor and pulse to finely chop. Pour in about ⅓ cup EVOO and process to form a thick pesto. Scrape into a large, shallow bowl with the tomatoes and onion; season with salt and pepper. Stir in the reserved pasta cooking water.

Add the pasta to the pesto mixture and toss with the lettuce and bacon.

SILVER CHAIR AVAILABLE AT REBECCACOLEGROWS.COM.

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30 MINUTE MEALS

Pizza in the Raw with White Anchovies

SERVES 2 FOR DINNER, 4 FOR LUNCH

- 1 large loaf ciabatta bread, split lengthwise
- 2 large cloves garlic, peeled and halved
- 2 large organic tomatoes, halved
- About ¼ cup extra-virgin olive oil (EVOO), for drizzling
- Salt and pepper
- 1 ball fior di latte, mozzarella di bufala or fresh mozzarella cheese, cut into bite-size cubes
- 1 cup fresh basil leaves (about 20), torn or coarsely chopped
- 1 cup flat-leaf parsley leaves (a few generous handfuls)
- 1 cup baby arugula leaves (a couple of generous handfuls)
- Juice of ½ lemon
- 12 marinated white anchovies, drained (available at large deli counters or Italian markets)
- ¼ small red onion, very thinly sliced

Preheat an outdoor grill or the broiler. Add the bread and char to crisp up. Rub the hot bread planks with the garlic, then rub the tomato pulp into the bread to coat evenly (discard the tomato skins). Drizzle a couple of tablespoons EVOO over each bread plank and season with salt and pepper. Top with the cheese.

In a medium bowl, toss the basil, parsley and arugula with the lemon juice and a drizzle of EVOO. Top the raw pizzas with the greens, anchovies and onion. Cut each half into quarters.

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White Bean, Tuna and Potato Salad

SERVES 4

1½ pounds small white or yukon gold potatoes, halved
Salt and pepper
1 yellow onion, ½ grated and ½ chopped
1 large clove garlic, grated or finely chopped and pasted
About ⅓ cup extra-virgin olive oil (EVOO)
Juice of 1 lemon
2 teaspoons anchovy paste
Splash white balsamic or white wine vinegar
One 15-ounce can white beans, such as cannellini, rinsed
Two 5- to 6-ounce cans italian tuna in olive oil, drained and flaked
2 to 3 small ribs celery from the heart, plus leafy tops, finely chopped
1 large tomato, chopped
1 cup flat-leaf parsley leaves (a few generous handfuls), chopped
Crusty bread, for serving

Place the potatoes in a medium pot and cover with water. Bring to a boil, salt the water and cook until tender, about 10 minutes.

Meanwhile, in a large bowl, combine the grated onion, garlic, EVOO, lemon juice, anchovy paste and vinegar. Drain the potatoes and add immediately to the dressing, turning to coat. Add the white beans, tuna, chopped onion, celery, tomato and parsley; season with pepper. Toss to combine. Serve with the bread.

Pepper Steak Noodle Soup

SERVES 4

Salt and pepper
1 pound whole wheat spaghetti
¾ pound thin-cut beef sirloin steak, very thinly sliced and patted dry
1½ teaspoons ground coriander (about ½ palmful)
2 tablespoons peanut or vegetable oil
1 large green bell pepper—seeded, quartered lengthwise and thinly sliced
1 large red bell pepper—seeded, quartered lengthwise and thinly sliced
One 1-inch piece fresh ginger, grated
3 to 4 cloves garlic, grated or finely chopped
1 teaspoon five-spice powder (about ⅓ palmful)
¼ cup sherry vinegar or dry sherry
6 cups vegetable or beef stock
¼ cup tamari or low-sodium tamari (eyeball the amount)
2 tablespoons cornstarch
1 large bunch scallions, thinly sliced on an angle
A couple of handfuls crisp bean sprouts
Cilantro leaves, for garnish

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente.

Meanwhile, season the steak with salt, pepper and the coriander. In a large, deep skillet or wok, heat about 1 tablespoon oil, 1 turn of the pan, over high heat. Add the steak and cook for about 2 minutes on each side; transfer to a cutting board.

Add the remaining 1 tablespoon oil, 1 turn of the pan, to the skillet and add the bell peppers; cook for a couple of minutes. Stir in the ginger, garlic and five-spice powder and toss for a minute or two. Stir in the vinegar (or sherry), then add the stock and tamari and bring to a boil. In a small bowl, combine the cornstarch with 2 tablespoons water and stir into the broth to thicken for a minute more. Add the steak, scallions and bean sprouts to the soup and turn off the heat.

To serve, twist bundles of the whole wheat noodles around a fork and place in bowls. Pour in the soup and top with the cilantro.

White Bean, Tuna and Potato Salad

Pepper Steak Noodle Soup

TOP: GATE SUN NAPKINS AVAILABLE AT DWELLSTUDIO.COM.

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30 MINUTE MEALS

Bucatini and Broccolini

SERVES 4

Salt and black pepper
1 pound bucatini pasta (hollow, fat spaghetti)
2 bunches broccolini, 1 head romanesco or 1 large bunch broccoli rabe
¼ cup extra-virgin olive oil (EVOO)
4 large cloves garlic, peeled and very thinly sliced or chopped
1 teaspoon crushed red pepper (about ⅓ palmful)
A few grates nutmeg
Grated or shaved pecorino-romano cheese, to pass around the table

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving a ladleful of the pasta cooking water.

Meanwhile, in a large, deep skillet, bring a few inches of water to a boil. Cut the broccolini into 3- to 4-inch pieces and halve the larger florets (or trim the romanesco and cut into thin florets, or trim the broccoli rabe and cut into 3- to 4-inch pieces). Salt the boiling water in the skillet, add the broccolini (or romanesco or broccoli rabe) and parboil for 4 minutes. Drain well and let cool on a clean towel.

In the same skillet, heat the EVOO, 4 turns of the pan, over medium heat. Add the garlic and stir for 2 minutes, then add the crushed red pepper and stir for a minute more. Add the broccolini (or romanesco or broccoli rabe) and season with the nutmeg. Add the pasta and reserved cooking water and toss vigorously for a minute or two. Season with salt and black pepper. Pass the pecorino-romano at the table for topping.

FOLDING CAMP TABLE AVAILABLE AT HAUSINTERIOR.COM.

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Chicken Salad with Yogurt-Ranch Dressing

SERVES 4

About ¼ cup extra-virgin olive oil (EVOO)
1 clove garlic, grated or finely chopped and pasted
Juice of 1 lemon
1 tablespoon white wine vinegar
Salt and pepper
1 cup reduced-fat or fat-free greek yogurt
A small handful each finely chopped dill, parsley and chives
A few dashes hot sauce
1 rotisserie chicken, skin and bones discarded and meat shredded, or 1 pound cold cooked chicken, shredded or diced
1 small red bell pepper, seeded and chopped
1 small red onion, chopped
⅓ seedless cucumber, chopped
2 ribs celery from the heart, thinly sliced on an angle
2 plum tomatoes, seeded and diced
4 flatbreads, warmed

In a large bowl, combine the EVOO, garlic, lemon juice and vinegar; season with salt and pepper. Stir in the yogurt, herbs and hot sauce. Add the chicken, bell pepper, onion, cucumber and celery; season with salt and pepper. Top the salad with the tomatoes and serve with the flatbreads.

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30 MINUTE MEALS

Cacio e Pepe with Warm Tomato Salad

SERVES 4

2 pints multicolored baby tomatoes or cherry tomatoes, halved
1 cup flat-leaf parsley (a few generous handfuls), chopped
½ cup loosely packed basil (10 to 12 leaves), torn or thinly sliced
½ medium red onion, finely chopped
A small handful mint leaves, finely chopped
About 6 tablespoons extra-virgin olive oil (EVOO)
Salt and coarse black pepper
1 pound spaghetti
1 large clove garlic, crushed
2 cups grated pecorino-romano cheese

Preheat the oven to 325°. Arrange a rack on top of a baking sheet. Place the tomatoes cut side up on the rack and roast for 20 minutes to slump the tomatoes and tart up their sweetness. While still warm, toss the tomatoes with the parsley, basil, onion and mint. Dress the salad with about 2 tablespoons EVOO; season with salt.

Meanwhile, bring a large pot of water to a boil, salt it, add the pasta and cook to just shy of al dente. Drain, reserving 1 cup of the pasta cooking water.

While the pasta cooks, in a large skillet, heat about ¼ cup EVOO, the garlic and some pepper. Cook until fragrant, 3 to 4 minutes; discard the garlic.

Add the pasta and three-quarters of the reserved cooking water to the skillet. Add ¾ cup cheese and toss to form a saucy coating, about 2 minutes (adding a splash more cooking water or more cheese as needed). Serve the pasta in shallow bowls and top with the tomato salad for mixing in as you eat. Pass the remaining cheese at the table.

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Crispy Fish with Shaved Zucchini Salad

SERVES 4

2 egg whites, beaten
4 tablespoons butter, melted
1½ cups panko
2 tablespoons chopped fresh thyme (about 2 palmfuls)
2 tablespoons finely chopped chives (about 2 palmfuls)
1 tablespoon Old Bay Seasoning (about a palmful)
1 tablespoon onion powder (about a palmful)
1 tablespoon garlic powder (about a palmful)
2 lemons
Four 6-ounce halibut or cod fillets
Salt and pepper
1 small shallot, peeled
1 tablespoon dijon mustard
3 to 4 tablespoons extra-virgin olive oil (EVOO)
2 zucchini, shaved with a vegetable peeler into ribbons
½ pint cherry tomatoes, halved
1 small bunch scallions, thinly sliced on a long angle

Preheat the oven to 425°. Put the egg whites in a deep plate or shallow bowl. On another plate, pour the butter over the panko and work into the crumbs to evenly distribute. Season the crumbs with the thyme, chives, Old Bay, onion powder, garlic powder and grated peel of 1 lemon. Season the fish with salt and pepper and coat in the egg whites, then in the crumbs; arrange on a slotted broiler pan or wire rack on top of a baking sheet. Bake the fish until deep golden and crisp, about 15 minutes.

While the fish bakes, grate the shallot into a shallow bowl and add the juice of the grated lemon and the mustard. Whisk in the EVOO; season with salt and pepper. Add the zucchini, tomatoes and scallions to the dressing and toss to coat.

Cut the second lemon into wedges and serve with the fish. Pile the zucchini salad alongside.

Chicken and Scallions with Smoky Romesco

SERVES 4

2 ancho chiles, stemmed and seeded
About ½ cup extra-virgin olive oil (EVOO)
One 1-inch-thick slice good-quality white bread, crusts discarded and bread torn into small pieces
About ½ cup blanched almonds (a couple of generous handfuls)
1 large spanish onion, finely chopped
4 cloves garlic, grated or chopped
1 tablespoon sweet smoked paprika
Salt and pepper
3 to 4 tablespoons sherry vinegar or dry sherry (a generous splash)
2 large roasted red peppers, chopped
8 pieces skinless, boneless chicken thighs or 4 pieces skinless, boneless chicken breasts
1½ pounds (about 3 bunches) large scallions
Olive oil cooking spray
A generous handful flat-leaf parsley, chopped
Juice of 1 lemon
Crusty bread, for serving

Preheat an outdoor grill or grill pan to medium-high. Place the anchos in a small saucepan and cover with water. Bring to a boil, then lower the heat and reconstitute until soft, about 5 minutes. Remove the anchos from the water (reserve the water) and pat dry, then coarsely chop.

In a large skillet, heat the EVOO, 8 turns of the pan, over medium heat. Add the bread and almonds to the pan and toast until golden, about 5 minutes. Remove from the pan with a slotted spoon. Add the onion to the pan, increase the heat a bit and cook for a few minutes to soften. Add the garlic and paprika; season with salt and pepper. Cook for a couple minutes more, stirring constantly. Stir in the vinegar (or sherry). Transfer the contents of the pan, the toasted bread and almonds, the chopped anchos and the roasted peppers to a food processor. Mix until smooth, adding a splash of the reserved ancho liquid if necessary.

Spray the chicken and scallions with the cooking spray; season with salt and pepper. Arrange the chicken and scallions on the grill or grill pan and cook, turning once, until marked evenly, about 5 minutes for the scallions and 10 to 12 minutes for the chicken. Dress the chicken with the parsley and lemon juice and serve with the scallions, crusty bread and romesco.

Crispy Fish with Shaved Zucchini Salad

Chicken and Scallions with Smoky Romesco

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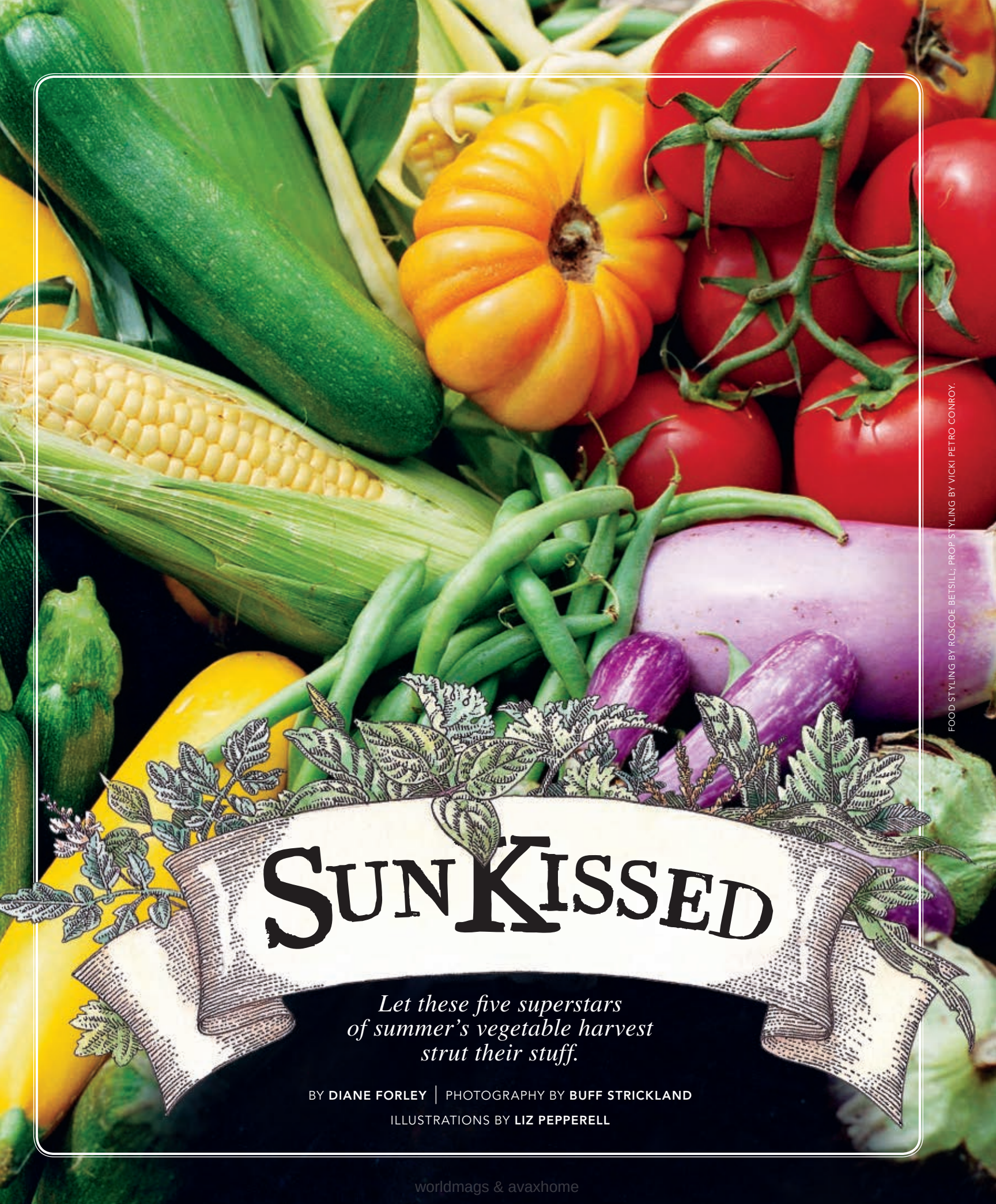

SUNKISSED

Let these five superstars of summer's vegetable harvest strut their stuff.

BY **DIANE FORLEY** | PHOTOGRAPHY BY **BUFF STRICKLAND**

ILLUSTRATIONS BY **LIZ PEPPERELL**

FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY VICKI PETRO CONROY.

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ZUCCHINI

Zucchini-and-Ricotta Tart

SERVES 6 **PREP** 35 MIN **BAKE** 1 HR 10 MIN

- 4 zucchini (about 2½ pounds), thinly sliced crosswise
- Salt and pepper
- 1 sheet frozen puff pastry, thawed
- 2 tablespoons butter
- ¼ cup chopped fresh dill
- 3 eggs, beaten
- 1 cup ricotta cheese
- ½ cup grated parmesan cheese, plus more for sprinkling
- ½ cup half-and-half
- 1 pinch nutmeg

1. Preheat the oven to 350°. Layer the zucchini in a colander, sprinkling each layer with salt; let stand for 20 minutes. Rinse, then pat dry.
2. Meanwhile, on a lightly floured surface, roll out the puff pastry to remove the creases. Press the pastry into a 9-inch pie plate and trim the excess, so the crust is flush with the rim. Prick the bottom of the pastry with a fork. Refrigerate.
3. In a large skillet, melt the butter over medium-high heat. Add the zucchini and cook, turning, until golden, about 5 minutes. Stir in the dill and remove from the heat; let cool to room temperature.
4. In a bowl, whisk together the eggs, ricotta, ½ cup parmesan and the half-and-half; season with salt, pepper and the nutmeg. Stir in the zucchini. Pour the mixture into the chilled pastry crust and sprinkle with more parmesan. Bake until a knife inserted in the center comes out clean, about 1 hour and 10 minutes. Let cool slightly before slicing.

tip
Use a mandoline or handheld slicer to slice the zucchini.

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GREEN BEANS

Beer-Battered Green Beans with Tarragon Aioli

SERVES 4 **PREP** 15 MIN **COOK** 15 MIN

- ⅔ cup beer
- ½ cup flour
- 2 tablespoons cornstarch
- Salt and pepper
- ¼ cup mayonnaise
- 2 tablespoons chopped fresh tarragon
- ½ teaspoon dijon mustard
- 1 clove garlic, finely chopped
- 2 cups vegetable oil
- 1 pound green beans, trimmed

1. In a large bowl, whisk together the beer, flour, cornstarch and ½ teaspoon salt; let rest for 10 minutes. In a small bowl, whisk together the mayonnaise, tarragon, mustard and garlic; season with salt and pepper.

2. In a large pot, heat the oil until it registers 375° on a deep-fry thermometer or a drop of batter sizzles immediately and rises to the surface. Whisk the batter again, add the green beans and toss to coat. Working in 4 batches and using tongs, gently lower the beans into the oil. Fry, turning halfway through, until golden, about 3 minutes. Let drain on paper towels and season with salt. Serve with the aioli.

tip For extra-crisp green beans, submerge them in ice water for 5 minutes before patting dry and tossing with the batter.

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EGGPLANT

Open-Face Creamy Eggplant Sandwiches

MAKES 12
PREP 15 MIN (PLUS STANDING)
BAKE 45 MIN

Two 1¼-pound eggplants, sliced crosswise ⅓ inch thick
Salt and pepper
¼ cup extra-virgin olive oil
3 cloves garlic, unpeeled
14 slices sandwich bread, crusts removed
3 tablespoons unsalted butter, melted
1 teaspoon caraway seeds
1 cup plain whole-milk yogurt
¼ cup chopped parsley, plus more for sprinkling

1. Position racks in the upper and lower thirds of the oven and preheat to 375°. Layer the eggplant in a colander, sprinkling each layer with salt; let stand for 20 minutes. Rinse, then pat dry.

2. Place the eggplant slices in a large bowl, drizzle with the olive oil and toss. Arrange on 2 parchment-lined baking sheets and place the garlic cloves in a corner of the pan. Roast until the eggplant is golden-brown, about 30 minutes. Let cool, then peel the garlic.

3. Meanwhile, arrange 12 bread slices on a baking sheet. Brush with the butter, sprinkle with the caraway seeds and season with salt and pepper. Bake until golden, about 15 minutes.

4. Using a food processor, grind the remaining 2 bread slices into breadcrumbs. Add the garlic, yogurt and all but 12 of the eggplant slices; process until smooth. Pulse in ¼ cup parsley; season with salt and pepper.

5. Spread the eggplant puree on the 12 toasts and top each with an eggplant slice and more parsley.

tip Stir finely chopped pickled jalapeño chiles into the eggplant puree.

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CORN

Grilled Salmon with Creamed Corn Sauce

SERVES 4 **PREP** 20 MIN **GRILL** 10 MIN

- 4 ears corn, kernels scraped off (about 2 cups)
- 1 cup heavy cream
- 2 scallions, white and green portions thinly sliced separately
- 1 bay leaf
- Salt and pepper
- Four 10-ounce salmon steaks
- 2 tablespoons extra-virgin olive oil

1. Preheat a grill to medium-high. Using a food processor, puree half of the corn kernels. In a small saucepan, bring the cream, scallion whites and bay leaf to a simmer over medium heat. Lower the heat to low and cook until reduced, about 5 minutes. Discard the bay leaf, then stir in the remaining corn kernels and the corn puree. Season with salt and pepper and cook until heated through; cover to keep warm.

2. Brush the salmon with the olive oil and season with salt and pepper. Grill, turning halfway through, for about 8 minutes for medium-rare. Transfer the salmon to plates and spoon the corn sauce on top. Sprinkle with the scallion greens.

tip Steep corn husks in chicken broth to make a sweet, corn-flavored broth.

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TOMATO

Grilled Beef, Tomato and Lemon Kebabs

SERVES 4
PREP 15 MIN (PLUS STANDING AND CHILLING)
GRILL 10 MIN

Salt and pepper
1 teaspoon sugar
1 lemon, trimmed and sliced crosswise into 8 rounds
⅓ cup extra-virgin olive oil, plus more for brushing
2 tablespoons grainy mustard
1 tablespoon balsamic vinegar
1½ pounds beef sirloin steak, cut into sixteen 1-inch cubes
2 beefsteak tomatoes, cored and cut into 8 wedges each
4 scallions, white portions only, cut into eight 1-inch pieces

1. In a small bowl, mix together 1 teaspoon salt and the sugar; add the lemon slices and toss. Let stand for 1 hour.
2. Meanwhile, in a large bowl, whisk together the olive oil, mustard and vinegar; transfer one-third of the marinade to a medium bowl. Add the beef to the large bowl, and the tomatoes and scallions to the medium bowl; toss. Refrigerate for at least 1 hour.
3. Preheat a grill to medium-high. Thread each of eight 10-inch skewers with a beef cube, lemon slice, tomato wedge, another beef cube, a scallion piece and another tomato wedge.
4. Brush the grill with olive oil. Season the kebabs with salt and pepper and grill, turning occasionally, for 8 to 10 minutes for medium-rare.

tip For a smokier flavor, add 1 teaspoon chili powder to the marinade.

web **Want even more summer vegetable recipes?** Go to rachaelraymag.com/august.

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Pastrami on Rye…with a Twist

These adorable sliders transform the classic sandwich into something you'll really flip for. BY **RACHAEL RAY** | PHOTOGRAPHY BY **MARCUS NILSSON**

pair with a crisp, clean, light-style **pilsner**. Try Bitburger Premium Pils (Germany, $10 for a six-pack).

"I'll Have What Charlie's Having" Sliders

SERVES 4 (8 SLIDERS)

- **16 slices rye or whole grain bread**
- **1 pound ground pork**
- **3 tablespoons grated onion**
- **1 teaspoon paprika (about ⅓ palmful)**
- **1 teaspoon granulated garlic (about ⅓ palmful)**
- **Salt and coarse black pepper**
- **½ pound lean pastrami, coarsely chopped**
- **Extra-virgin olive oil (EVOO) or vegetable oil, for drizzling**
- **2 to 3 pickled tomatoes, sliced**
- **Grainy dijon mustard**
- **2 whole half-sour, garlic or dill pickles, sliced into rounds**

1. Preheat the oven to 325°. Place a cooling rack on a baking sheet. Using a 3-inch cookie cutter or an empty 4-ounce can, cut 16 bread rounds from the bread slices and arrange on the baking sheet. Toast until light golden, 7 to 8 minutes. (Reserve the crusts in the freezer for another use, like breadcrumbs or stuffing.)

2. Season the pork with the onion, paprika, garlic, a little salt and lots of black pepper. Place the pastrami in the food processor bowl and pulse into a very fine chop. Add the pastrami to the pork, mix and form into eight 3-inch patties. In a nonstick skillet or griddle, heat a drizzle of EVOO over medium-high heat. Add the patties and cook until cooked through, 3 to 4 minutes on each side.

3. Place each burger on a bread round and top with a slice of pickled tomato. Slather lots of mustard on the remaining bread rounds and set in place on top of the tomatoes. Arrange the pickles on top of the bread and secure them with toothpicks.

One of my favorite films is When Harry Met Sally…, *because of the deli scene. In it, a character played by the director Rob Reiner's mom delivers one of the best lines in film history, "I'll have what she's having," in response to Meg Ryan's very pleasurable reaction to her sandwich. My friend Charlie came up with a pastrami slider that reminded me of my favorite pastrami sandwich (from New York's Katz's Delicatessen, where the movie scene was shot) and of that great movie moment.*

FOOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY ROBYN GLASER.

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EVERYDAY
MENU PLANNER
AUGUST 2010

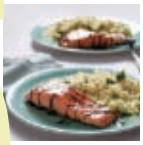
SUNDAY
Grilled Sausages with Tomato-Chickpea Crostini

MONDAY
Ham-and-Spinach Salad with Mustard Seed Dressing

TUESDAY
Shrimp-and-Corn Chowder

WEDNESDAY
Grilled Lemon Chicken with Greek Salad

THURSDAY
Open-Face Grilled Cheese Sandwiches with Pickled Red Onions and Cucumbers



FRIDAY
Grilled Salmon with Balsamic Drizzle and Green Couscous

SATURDAY
Grilled Flank Steak with Chimichurri and Sweet Potato Wedges

What's for dinner tonight?

Take this shopping list to the store and you'll have 7 nights' worth of easy meals for less than $100.

7 DAYS DINNERS

S M T W T F S

YOUR SHOPPING LIST

PRODUCE
- ☐ 1 lemon
- ☐ 5 tomatoes
- ☐ 4 ears corn
- ☐ 2 english cucumbers
- ☐ 1 red bell pepper
- ☐ 4 small sweet potatoes (about 2 pounds total)
- ☐ 2 small zucchini
- ☐ One 6-ounce bag baby spinach
- ☐ One 5-ounce bag mesclun greens
- ☐ 2 red onions
- ☐ 2 heads garlic
- ☐ One 8-ounce package sliced mushrooms
- ☐ 1 bunch parsley
- ☐ 1 bunch thyme

DAIRY
- ☐ One 6-ounce container feta cheese crumbles
- ☐ Two 4-ounce containers goat cheese crumbles
- ☐ ½ dozen eggs

FISH AND SHELLFISH
- ☐ Four 4- to 5-ounce skin-on, boneless salmon fillets
- ☐ 1 pound medium shrimp

MEAT
- ☐ 1½ pounds flank steak
- ☐ One 16-ounce package boneless smoked ham steak
- ☐ 8 links (about 2 pounds) italian sausage
- ☐ 4 skin-on, bone-in chicken breasts (about 3½ pounds total)

BAKERY
- ☐ 2 baguettes

GROCERY
- ☐ One 16.9-ounce bottle balsamic vinegar
- ☐ One 16-ounce bottle cider vinegar
- ☐ One 10-ounce box couscous
- ☐ One 15-ounce can chickpeas
- ☐ One 32-ounce container vegetable broth
- ☐ One 1.4-ounce jar mustard seeds
- ☐ One 1-pound box sugar

Total Price: $95.00

(Extra-virgin olive oil, salt and pepper are freebies.)

web **Get a new menu planner every week** at rachaelraymag.com/menu.

PHOTOGRAPHY BY DAN ROBERTS; FOOD STYLING BY SARAH THOMPSON; PROP STYLING BY MELISSA HABERMAN.

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S M T W T F S

Grilled Sausages with Tomato-Chickpea Crostini

SERVES 4 **PREP** 15 MIN **GRILL** 20 MIN

- 8 links (about 2 pounds) italian sausage, pricked with a fork
- 6 tablespoons extra-virgin olive oil, plus more for drizzling
- 2 tomatoes—cored, seeded and chopped
- 2 cloves garlic, 1 clove finely chopped
- Salt and pepper
- Half of a 15-ounce can chickpeas, rinsed
- ½ baguette, cut crosswise on the diagonal into 16 slices
- ½ cup goat cheese crumbles
- 1 tablespoon chopped fresh parsley
- ½ english cucumber, cut lengthwise into 8 spears

1. Preheat a grill to medium-high. Arrange the sausages on the grate and grill, turning, until cooked through, 15 to 20 minutes.
2. Meanwhile, in a small skillet, heat 2 tablespoons olive oil. Add the tomatoes and half of the chopped garlic; season with salt and pepper. Cook until thickened, about 3 minutes; remove from the heat.
3. In a bowl, mash half of the chickpeas with the remaining chopped garlic and 2 tablespoons olive oil; stir in the whole chickpeas and season with salt and pepper.
4. Brush the bread slices with the remaining 2 tablespoons olive oil and grill, turning once, until golden, about 1 minute; rub with the whole garlic clove. Working with 1 toast at a time, spread on the goat cheese, then top with the chickpea and tomato mixtures, drizzle with olive oil and sprinkle with the parsley. Serve with the sausages and cucumber spears.

plan it

SPLIT the sausages lengthwise before grilling for 10 minutes to create more surface area for grill marks.

USE your fingers to scrape and remove the tomato seeds.

CHOP leftovers and toss with a vinaigrette for a bread salad.

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Ham-and-Spinach Salad with Mustard Seed Dressing

SERVES 4 **PREP** 15 MIN **COOK** 15 MIN

- 4 eggs
- ½ red onion, ½ thinly sliced and ½ chopped
- One 8-ounce package sliced mushrooms
- One 6-ounce bag baby spinach
- 1½ tablespoons mustard seeds
- 6 tablespoons extra-virgin olive oil
- 2½ tablespoons sugar
- 1½ tablespoons cider vinegar
- Salt and pepper
- 1 pound boneless smoked ham steak, patted dry

1. Place the eggs in a small saucepan and cover with water by 1 inch. Bring to a boil, then remove from the heat; cover and let stand for 12 minutes. Drain and submerge the eggs in ice water to cool, then peel and chop them. Transfer to a salad bowl along with the sliced onion, mushrooms and the spinach.

2. Meanwhile, in a small skillet, toast the mustard seeds until beginning to pop, about 3 minutes. Reserve half in a small bowl, then transfer the remaining seeds to a blender along with the chopped onion, 5 tablespoons olive oil, the sugar and vinegar; season with salt and pepper. Blend until smooth.

3. In a medium skillet, heat the remaining 1 tablespoon olive oil over medium heat. Add the ham and cook, turning once, until browned, about 10 minutes. Transfer to a work surface to cool slightly, then cut into bite-size pieces.

4. Drizzle the vegetables with the dressing, season with salt and pepper and toss. Sprinkle the ham and reserved mustard seeds on top.

plan it

TOAST more mustard seeds for Friday and Saturday and store in an airtight container until ready to use.

GRILL the ham steak and brush it with the dressing during the last 5 minutes of cooking.

DOUBLE the dressing and refrigerate half in an airtight container for up to 10 days.

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Shrimp-and-Corn Chowder

SERVES 4 **PREP** 15 MIN **GRILL** 25 MIN

- 6 tablespoons extra-virgin olive oil
- 5 cloves garlic, 4 crushed
- 1 pound medium shrimp—peeled, deveined and patted dry, tails reserved separately
- 2 small zucchini, quartered lengthwise and chopped crosswise
- 1 red bell pepper, chopped into ½-inch pieces
- Salt and pepper
- One 32-ounce container (4 cups) vegetable broth
- 4 ears corn, kernels removed
- 1 tablespoon fresh thyme leaves
- ½ baguette, thinly sliced crosswise

1. Preheat a grill to high. Position a dutch oven on the grate, add 3 tablespoons olive oil, the crushed garlic and shrimp tails, cover and cook for 5 minutes. Using a slotted spoon, discard the garlic and the shrimp tails. Add the zucchini and bell pepper, season with salt and pepper and cook for 5 minutes. Stir in the broth and simmer for 15 minutes; add the corn and thyme during the last 5 minutes of cooking.
2. Meanwhile, toss the shrimp with 1 tablespoon olive oil and season with salt and pepper. Thread onto skewers and transfer to the grate; grill, turning once, until opaque, about 3 minutes. Remove from the skewers and stir into the soup.
3. Brush the bread with the remaining 2 tablespoons olive oil. Arrange on the grate and grill until toasted, about 3 minutes. Rub the toasts with the remaining garlic clove. Serve with the soup.

plan it

USE a disposable pie plate to cover the pot—it's easier to lift with tongs and you're less likely to burn yourself.

HEAT IT UP with 1 chopped canned chipotle chile added to the zucchini and bell pepper; serve with sour cream and tortilla chips.

STRETCH leftovers by reheating with more broth and adding some cooked rice.

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plan it

CUT BACK on fat by removing the chicken skin and leaving the seasoning paste on while refrigerating for at least 1 hour.

SWAP IN fresh mozzarella for the feta.

SANDWICH the ingredients between grilled bread brushed with mayonnaise.

Grilled Lemon Chicken with Greek Salad

SERVES 4 **PREP** 15 MIN **GRILL** 20 MIN

- 4 cloves garlic, 1 clove finely chopped
- Grated peel and juice of 1 lemon
- 2 tablespoons extra-virgin olive oil
- Salt and pepper
- 4 skin-on, bone-in chicken breasts (about 3½ pounds total)
- 1 tablespoon balsamic vinegar
- 2 tomatoes, cored and chopped
- ½ cup feta cheese crumbles
- ½ red onion, thinly sliced
- 4 cups mesclun greens

1. Preheat a grill for indirect medium heat. Using a food processor, puree the 3 whole cloves garlic, the lemon peel and 1 teaspoon each lemon juice, olive oil and salt. Using your fingers, gently loosen the skin of the chicken breasts and spread the lemon mixture underneath. Drizzle 1 tablespoon olive oil on the undersides of the chicken. Season with salt and pepper.
2. Arrange the chicken, skin side down, on an oiled grate over direct heat, cover and grill until golden and marks appear, 3 to 4 minutes. Flip and place the chicken, skin side up, over indirect heat, cover and grill until cooked through, 15 to 20 minutes. Transfer to a work surface, drizzle with some lemon juice and let rest for 10 minutes.
3. Meanwhile, in a salad bowl, whisk together the finely chopped garlic, balsamic vinegar and remaining 2 teaspoons olive oil; season with salt and pepper. Add the tomatoes, cheese, onion and mesclun greens and toss; season with salt and pepper. Serve with the chicken.

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plan it

SEASON the pickling mixture with garlic and crushed red pepper.

COMBINE the cheeses with other Mediterranean-inspired ingredients, such as capers and olives, before grilling.

SWAP IN pita rounds for the baguette.

Open-Face Grilled Cheese Sandwiches with Pickled Red Onions and Cucumbers

SERVES 4 **PREP** 10 MIN **GRILL** 10 MIN

- ⅔ cup cider vinegar
- ½ small red onion, thinly sliced
- ⅓ cup sugar
- 1 english cucumber, thinly sliced
- 1 cup feta cheese crumbles
- ½ cup goat cheese crumbles
- ¼ cup plus 2 tablespoons extra-virgin olive oil
- 1 baguette, split lengthwise and halved crosswise
- 1 tomato, cored and thinly sliced
- 2 tablespoons chopped fresh parsley

1. Preheat a grill to high. Add the vinegar to a small saucepan, cover and bring to a boil over the grate, about 5 minutes. Stir in the onion and sugar until the sugar is dissolved; cover and return to a boil, about 2 minutes. In a large, heatproof bowl, pour the vinegar mixture over the cucumber; toss.

2. Lower the grill heat to medium. In a medium bowl, combine the cheeses. Brush 2 tablespoons olive oil over the cut sides of the baguette. Arrange on the grate cut side down and grill until lightly toasted, about 1 minute; transfer to a work surface. Sprinkle each piece evenly with the cheese mixture, top with the tomato slices and drizzle with the remaining ¼ cup olive oil. Transfer the baguettes cut side up to the grate, cover and grill for 3 minutes. Sprinkle with the parsley and serve with the pickled onions and cucumbers.

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plan it

SAVE 5 minutes! Use the toasted mustard seeds from Monday.

SWAP IN lemon juice for the vinegar in the couscous and stir in grated lemon peel.

SERVE the balsamic reduction over grilled pork chops or roast pork tenderloin.

Grilled Salmon with Balsamic Drizzle and Green Couscous

SERVES 4 **PREP** 10 MIN **GRILL** 20 MIN

One 10-ounce box couscous
1 tablespoon extra-virgin olive oil
1 tablespoon mustard seeds, toasted
½ english cucumber, chopped
½ cup chopped fresh parsley
1 tablespoon cider vinegar
Salt and pepper
½ cup balsamic vinegar
5 sprigs fresh thyme
Four 4- to 5-ounce skin-on, boneless salmon fillets

1. Preheat a grill to medium-high. In a small saucepan, add 2 cups water, cover and bring to a boil over high heat. Place the couscous in a shallow, heatproof bowl and pour the boiling water on top, reserving the pot. Stir in the olive oil, then cover tightly and let stand for 5 minutes.

2. Fluff the couscous with a fork, then stir in the mustard seeds, cucumber, parsley and cider vinegar; season with salt and pepper.

3. Add the balsamic vinegar and thyme to the reserved saucepan, cover and bring to a boil on the grill, about 5 minutes. Uncover and simmer until the vinegar is syrupy and reduced to 1 tablespoon, 5 to 7 minutes. Carefully remove from the heat and discard the thyme.

4. Increase the grill heat to high. Season the salmon with salt and pepper. Arrange skin side down on an oiled grate, cover and grill until the skin is crisp, about 3 minutes. Flip and grill until just cooked through, 1 to 2 minutes. Drizzle the balsamic reduction over the salmon and serve with the couscous.

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S M T W T F S

Grilled Flank Steak with Chimichurri and Sweet Potato Wedges

SERVES 4

PREP 15 MIN (PLUS STANDING) **GRILL** 20 MIN

- 2 cloves garlic
- ½ bunch parsley
- ½ cup extra-virgin olive oil
- 2 tablespoons chopped red onion
- 2 tablespoons fresh thyme leaves
- 1 tablespoon cider vinegar
- 1½ teaspoons mustard seeds, toasted
- Salt and pepper
- 1½ pounds flank steak, at room temperature
- 4 small sweet potatoes (about 2 pounds total), each cut lengthwise into 6 wedges

1. Using a food processor, finely chop the garlic. Add the parsley, ¼ cup olive oil, the onion, thyme, vinegar, mustard seeds, 1 teaspoon salt and ½ teaspoon pepper and pulse to combine. Coat the steak with 2 tablespoons of the chimichurri sauce and let stand at room temperature for 15 minutes. Meanwhile, preheat a grill for both high and medium heat.

2. In a large bowl, toss the sweet potatoes with the remaining ¼ cup olive oil; season with salt and pepper. Arrange on an oiled grate over medium heat, cover and grill, turning occasionally, until tender, 15 to 20 minutes.

3. Meanwhile, arrange the steak on the oiled grate over high heat, cover and grill, turning once, for 8 to 10 minutes for medium-rare. Transfer to a work surface and let rest for 10 minutes before thinly slicing. Serve with the remaining chimichurri and the sweet potatoes.

plan it

SWAP IN skirt or flatiron steak for the flank steak.

SLICE the steak and serve with warmed tortillas, chimichurri and pickled onions.

STIR any leftover chimichurri sauce into mayonnaise for a sandwich spread.

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Family Matters

This peachy pancake delivers a healthy dose of fruit and a sweet, comforting flavor. BY **TRACEY SEAMAN** | PHOTOGRAPH BY **MARCUS NILSSON**

Dutch Baby Pancake with Sautéed Peaches

SERVES 4 **PREP** 10 MIN **BAKE** 20 MIN

- ½ cup whole milk
- 3 eggs, at room temperature
- ¼ cup granulated sugar
- Pinch salt
- ½ cup flour
- 4 tablespoons unsalted butter
- 2 large peaches—peeled, pitted and sliced (or one 10-ounce bag frozen peach slices, thawed)
- 1 tablespoon fresh lemon juice
- Confectioners' sugar, for dusting

1. Place a 9- to 10-inch cast-iron skillet in the bottom third of the oven and preheat to 425°. In a small glass measuring cup, heat the milk in the microwave for 30 seconds at full power. Using a blender, mix the milk, eggs, 2 tablespoons granulated sugar and the salt briefly at low speed until combined. Add the flour and blend until just incorporated.
2. Add 2 tablespoons butter to the hot skillet to melt, then pour in the batter. Return the skillet to the oven and bake until the pancake is puffed and golden, about 20 minutes.
3. Meanwhile, in a medium skillet, combine the remaining 2 tablespoons each granulated sugar and butter, the peaches and lemon juice and cook over medium-high heat until the juices are syrupy, about 5 minutes; remove from the heat. Dust the hot pancake immediately with the confectioners' sugar, cut into 4 wedges and serve with the warm peaches.

behind the recipe

Nine-year-old Joshua Gregory is a true foodie in the making: A Rachael Ray cookbook beat out a Wii as his favorite holiday gift this year! Since he's already cooked his way through much of *Cooking Rocks! Rachael Ray 30-Minute Meals for Kids*, we thought we'd let him try a new recipe: our Dutch Baby Pancake with Sautéed Peaches. He, of course, aced it. And, proving that food has the power to connect generations, his grandmother Jane got in on the action, saying, "This recipe has an old-fashioned appeal that reminds me of *my* grandmother's cooking!"

—SARAH ZORN

yum-o!

TIPS OF THE MONTH

Grocery shopping with your kids can teach them about food—and help set them up for a lifetime of healthy choices. Here's how to involve the whole family:

- **Make it a game.** Ask kids to search for cereal with 4 grams of fiber per serving, or to help pick out a ripe pineapple. The first one to find it wins!
- **Review the store's sales flyers.** Look for new fruits and veggies to try that will also deliver the best deal.
- **Let everyone pick one fun treat** (like yogurt-covered raisins). After all, healthy eating is about balance!

For more ways to help your family build healthier relationships with food and cooking, visit yum-o.org.

FOOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY ROBYN GLASER.

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Pop Stars

Craving a breezy summer treat? These five-ingredient freezer pops taste like strawberry cream pie on a stick.

BY **SILVANA NARDONE** | PHOTOGRAPHY BY **STEPHEN SCOTT GROSS**

• For quicker freezing, place the ice pop mold in the freezer before starting the recipe.

"Nothing cools me down more on a steamy day than a frozen dessert—in any shape or flavor, freshly made or store-bought. This summer I wanted to make something fun that would require little prep time: Ice pops came to mind. For this recipe, I use ingredients that mimic strawberries 'n' cream pie, complete with a graham cracker crust."

• Reduce the strawberry mixture to 1¼ cups.

• Chill the cooked berry mixture by placing the bowl in an ice water bath.

• Instead of plastic molds, use small cups with wooden craft sticks.

Strawberries 'n' Cream Pie Ice Pops

MAKES 8 TO 10
PREP 15 MIN (PLUS FREEZING)
COOK 20 MIN

- **3 cups fresh strawberries (about 1 pound), chopped**
- **½ cup sugar**
- **¾ cup plain greek yogurt**
- **1 teaspoon fresh lemon juice**
- **One 6-ounce store-bought graham cracker crust, crumbled into coarse pieces**

1. In a medium saucepan, bring the strawberries and sugar to a simmer over medium heat. Lower the heat and reduce until thick and jamlike, about 20 minutes.
2. Using a food processor, puree the berry mixture, then transfer to a bowl. Refrigerate until cold. Stir in the yogurt and lemon juice.
3. Fold the graham cracker crumbs into the yogurt mixture until half blended. Spoon the mixture into an 8- to 10-count 2.5-ounce ice pop mold and freeze for 30 minutes. Insert ice pop sticks and freeze until solid, at least 4 hours.

FOOD STYLING BY TRACEY SEAMAN; PROP STYLING BY MEGHAN GUTHRIE. HAIR AND MAKEUP BY MAYSOON FARAJ.

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"For pink-and-white pops, layer half the recipe into the molds with whole-milk vanilla yogurt."

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get together

the go-to guide for a good time

PHOTOGRAPH BY LEVI BROWN; PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE. TIP COURTESY OF ANN DAVID AND NICKY REINHARD.

READY, SET

COOK

GET TOGETHER

GO AWAY

soft landing

Make room for more guests at the party: Push a coffee table against the wall and top it with throw pillows for bench seating. **Turn the page for more ways to max out your party.**

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EVERYDAY

parties

throw an impromptu party

Hosting stage fright seems to stem from the lack of one of three things: time, money or space. We say, don't sweat any of them! BY **SARAH STEBBINS**

NO TIME? New York party planners Ann David and Nicky Reinhard suggest serving Chinese or Thai takeout, arranged on platters. Use **bright, lacquered chopsticks** and **colorful paper takeout boxes** (check sites like pearlriver.com and papermart.com). If cooking, focus on the main course and fake the rest, says chef Jennifer Schaertl, author of *Gourmet Meals in Crappy Little Kitchens*; think store-bought spinach-artichoke dip served in a bread bowl for a starter.

NO MONEY? Play the numbers, starting with the ones on the clock: Host noon brunch. The ingredients (eggs, **fruit** and juice) will cost a fraction of what you'd need to cook dinner, notes David. Ditto for a 5 p.m. cocktails-and-hors d'oeuvres fete, where folks don't expect as much food. At the store, think like a restaurant would: Plan on 4 to 6 ounces of protein and ⅓ cup of vegetables or starch per person. For apps, estimate about two of each per guest, Schaertl says.

NO SPACE? If you have a backyard, then you have more room. Even a puny patio or porch to open the doors onto will make a party feel more spacious. Lure people outside with **tubs of ice and drinks**, and a small table of appetizers—maybe even one that isn't on the indoor menu. For dinner parties in cramped quarters, rely on one-pot wonders like frittatas, risotto, paella or gumbo. Anything that can be tossed, cooked and served in a single pot or pan frees up space.

tight quarters
No more worrying about overcrowding your guest list—not to mention your living room. Just use chef Jennifer Schaertl's party-planning trick: Allow 8 to 10 square feet per person.

easiest appetizer ever

Remember your old friend the veggie platter? Give him a makeover. Schaertl recommends adding more bang for your buck: Round out the classic cast of characters with vibrant, seasonal picks. Add figs, dried apricots, or "some crazy thing" from a specialty market, like passion fruit or asian melon.

web

Get **100 quick and easy recipes** perfect for an impromptu party at rachaelraymag.com/august.

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MAIN PHOTO, CORBIS; TAKEOUT CONTAINER BY BOYLE & GARDNER; PROP STYLING BY RACHEL HAAS; FRUIT AND FIG, GETTY IMAGES; BEER, ISTOCKPHOTO.COM.

party-food problem solvers

Think you can't whip up great snacks for your festivities? These dishes beg to differ.

PROBLEM
I lack space

SOLUTION
Our bites require little more than assembly, but they pack loads of flavor. A corner of counter space is all you'll need come prep time.

1 Hot Wing Sandwiches Toss pulled rotisserie chicken with chopped celery, hot sauce and salt. Spread both sides of a soft sandwich roll with blue cheese dressing. Sandwich with the chicken mixture; slice.

2 Marinated Olives Marinate olives in extra-virgin olive oil, crushed red pepper and lemon peel.

3 Cheesy Pitas Stuff halved pita pockets with asiago cheese and sliced scallions. Heat in a toaster oven until the cheese is melted, then slice into wedges.

1 Taco Dip Blend softened whipped cream cheese with taco seasoning. Top with shredded lettuce, thawed frozen corn and shredded cheddar cheese. Serve with tortilla chips.

2 Mini Pizzas Spread pasta sauce on sliced bread and top with sliced pepperoni and shredded cheese. Bake in a 400° oven or toaster oven for 10 minutes. Cut into squares.

3 Ham-and-Pineapple Bites with Brown Sugar-Mustard Sauce Skewer 1-inch cubes of pineapple and deli ham. Mix mustard, orange juice, brown sugar and a pinch of ground cloves; serve with the skewers.

PHOTOGRAPHY BY BOYLE & GARDNER; FOOD STYLING BY KAREN EVANS; PROP STYLING BY RACHEL HAAS. RECIPES BY *EDWRR* STAFF.

PROBLEM
I lack money
SOLUTION
We'll bet you can do most of the food shopping in your own kitchen. Even if you're starting from scratch, the ingredients will cost you next to nothing.

PROBLEM
I lack time
SOLUTION
These ingredients were born ready. Just give them your own twist and let the compliments roll in.

1 Tuna-and-Caper Spread In a food processor, combine half a stick of butter and drained canned tuna. Stir in capers as desired. Serve on crackers.

2 Shrimp Cocktail Shots Thin cocktail sauce with lemon juice, then fill shot glasses halfway with the mixture. Add a celery stick and one cooked tail-on shrimp to each glass.

3 Waffle Bites Toast frozen mini waffles; top with smoked salmon, sour cream, smoked paprika and cayenne pepper.

SOME LIKE IT HOT

The end of summer is a catch-22: Warm days are at a precious premium, but walking outside can feel like stepping into a pizza oven. Enter chef **Rocco DiSpirito**. He's capping off his summer vacation with a spread of simple, light bites—inspired by his new cookbook of 350-calorie-or-less recipes, *Now Eat This!*—that won't leave anyone feeling (literally) hot and heavy. Follow Rocco's lead and take the party outside while you still can.

BY **COURTNEY BALESTIER** | PHOTOGRAPHY BY **PAUL COSTELLO**

FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY DEBORAH WILLIAMS; FASHION STYLING BY CATE SHEEHY; HAIR AND MAKEUP BY DONYALE MCRAE AND ROSEANNE PURCHAL. RECIPES BY MIAN CATALANO, ADAPTED FROM *NOW EAT THIS!*.

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Seared Tuna Steak with Broccoli Rabe

SERVES 6 **PREP** 20 MIN **GRILL** 10 MIN

- 2 large bunches broccoli rabe, stems discarded, leaves and florets pulled apart
- One 10-ounce tuna steak (about 1 inch thick)
- 1 teaspoon vegetable oil
- Salt and pepper
- 1 tablespoon honey
- 1 tablespoon fresh lemon juice
- 2 teaspoons wasabi paste
- 2 tablespoons extra-virgin olive oil
- 6 cloves garlic, finely chopped
- 1 teaspoon black sesame seeds

1. In a large pot of boiling water, cook the broccoli rabe until crisp-tender, about 2 minutes; drain and squeeze out any excess moisture.
2. Meanwhile, preheat a grill or grill pan over high heat. Coat the tuna with the vegetable oil and season with salt and pepper. Grill the tuna, turning once, for 4 to 6 minutes for medium-rare. Transfer to a cutting board. Cut the tuna in half, then thinly slice against the grain into 18 pieces; tent with foil.
3. In a small bowl, combine the honey, lemon juice and wasabi paste. In a large, deep skillet, heat the olive oil over medium-high heat. Add the garlic and cook, stirring, until softened, 2 to 3 minutes. Add the broccoli rabe and toss to heat through. Stir in the wasabi dressing; season with salt. Divide the broccoli rabe among 6 small plates and arrange 3 tuna slices on each; sprinkle with the sesame seeds.

ROCCO'S PARTY RULE

Unless it's a coronation, the party should feel casual. "Wording, stationery—everything sends a message. Even Evites are feeling formal now! You don't want to intimidate your guests. Text, e-mail or call. The most maintenance-free way for your guests to get there creates the right atmosphere."

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PLAY IT COOL

Planning will keep you from overheating in the kitchen. Take care of these tasks in advance, and you won't break a sweat.

Seared Tuna Steak with Broccoli Rabe • Blanch and drain broccoli rabe • Prepare dressing

Steak au Poivre Toasts • Toast bread

Cauliflower, Sweet Onion and Leek Quiche • Bake pie shell (first plain, then with cheese, as directed) • Cook onions, leeks and cauliflower

Coconut Shrimp with Pineapple-Cilantro Dip • Toast coconut • Chop coconut, add to breadcrumbs, then season with salt and pepper • Prepare dipping sauce

Steak au Poivre Toasts

SERVES 6 **PREP** 20 MIN **COOK** 15 MIN

Two 6-ounce lean, boneless strip steaks (about ¾ inch thick)
1 teaspoon vegetable oil
Salt
1 teaspoon coarsely ground black pepper
2 tablespoons chopped shallots
2 teaspoons butter
¼ cup cognac
½ cup evaporated skim milk
¼ teaspoon cornstarch
Eighteen ½-inch-thick slices whole grain baguette, toasted
1 tablespoon finely chopped flat-leaf parsley

1. Preheat a cast-iron skillet to high. Coat the steaks with the oil and season with salt. Season the steaks on one side with the pepper. Add to the skillet, pepper side down, and cook, turning once, for 4 minutes. Transfer to a plate. Wipe out the pan.
2. Add the shallots and 1 teaspoon butter to the skillet and cook over medium heat until softened, 1 to 2 minutes. Remove from the heat and stir in the cognac. Simmer over medium heat until reduced by half.
3. Meanwhile, transfer any steak juices to a small bowl. Add the evaporated milk and whisk in the cornstarch. Whisk the mixture into the skillet and bring to a boil, whisking, until slightly thickened, about 2 minutes. Whisk in the remaining 1 teaspoon butter; season with salt. Cover to keep warm.
4. Thinly slice the steaks and toss in the sauce to coat. Arrange the steak on the toasts and top with any remaining sauce and the parsley.

"My mama, Nicolina, is my inspiration in the kitchen," Rocco says.

Tomato, Mozzarella and Arugula Salad

SERVES 6 **PREP** 15 MIN

6 cups packed baby arugula
3 tablespoons red wine vinegar
2 tablespoons extra-virgin olive oil
Salt and pepper
1 pound tomatoes, cut into cubes
8 ounces fresh mozzarella cheese, cut into cubes
¼ red onion, thinly sliced
½ cup chopped fresh basil
¼ cup chopped fresh mint

1. In a large bowl, toss the arugula with 1½ tablespoons vinegar and 1 tablespoon olive oil; season with salt and pepper. Transfer to a platter.
2. In the same bowl, toss the tomatoes, mozzarella, onion, basil and mint with the remaining 1½ tablespoons vinegar and 1 tablespoon olive oil; season with salt. Spoon onto the arugula.

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Cauliflower, Sweet Onion and Leek Quiche

SERVES 6
PREP 30 MIN (PLUS COOLING)
BAKE 20 MIN

One 9-inch frozen whole wheat pie shell, thawed
½ cup packed shredded gruyère cheese (about 2 ounces)
1 teaspoon extra-virgin olive oil
1 cup thinly sliced sweet onion
¾ cup thinly sliced leeks
Salt and pepper
2½ cups coarsely chopped cauliflower
¾ cup low-sodium chicken broth
7 egg whites (about 1 cup)

1. Position a baking sheet on the lower rack of the oven and preheat to 400°. Using a fork, prick the inside of the pie shell all over. Place on the baking sheet and bake for 5 minutes. Arrange half of the cheese in the crust and bake until melted, about 3 minutes.
2. Meanwhile, in a large, heavy skillet, heat the olive oil over medium heat. Add the onion and leeks, season with salt and pepper and cook, stirring, for 3 minutes. Add the cauliflower and chicken broth and cook, stirring occasionally, for 10 minutes; let cool slightly.
3. In a large bowl, beat the egg whites and season with ½ teaspoon salt and ¼ teaspoon pepper. Stir in the remaining cheese and the cauliflower mixture. Transfer to the prepared pie shell and bake until the filling is set, about 20 minutes. Let cool slightly before serving.

ROCCO'S PARTY RULE

Do whatever makes you a better host.
"I buy peeled shallots, garlic and onions—I take shortcuts. Having parties more often and giving yourself a break is more fun than having them less often and making everything from scratch."

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SAUCY CHILI-ORANGE PORK BACK RIBS

INGREDIENTS

4 lbs. pork back ribs
1 ½ c. orange or apple juice
½ c. chili sauce
2 tbsp. hoisin sauce
1 tbsp. grated orange rind
1 tbsp. (or to taste) bottled hot sauce
2 tsp. firmly packed brown sugar

DIRECTIONS

Place ribs in a 4 to 5 quart dish. Add orange juice and cover. Marinate 30 to 60 minutes. Combine chili sauce, hoisin sauce, orange rind, bottled hot sauce and brown sugar in a small bowl. Prepare a medium fire in charcoal grill or preheat one side of gas grill to medium.

Remove ribs from the dish and pat dry. Place ribs on grill and grill with indirect heat about 1½ to 2 hours or until tender, brushing with sauce several times during last 20 minutes of grilling.

Serves 4

TheOtherWhiteMeat.com

pork

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LIGHT AND EASY

Lucky for us, Rocco discovered some great low-cal cooking tricks while researching *Now Eat This!*. Try these favorites at party time or dinnertime.

The fast fry The amount of fat that deep-fried foods absorb has nothing to do with how much oil is used; it depends on the temperature of the oil and how long the food sits in it. That's why Rocco poaches meat in low-fat, low-sodium chicken broth until almost cooked through, then finishes it off with a quicker—and healthier—classic fry.

Breading redux Nothing beats a crispy fried coating...except a light version that's just as delicious. Rocco uses egg whites instead of whole eggs for dipping, then breads with whole wheat panko, which is naturally crispier than regular breadcrumbs.

Fake-o mayo Parties call for dips, and dips usually call for mayo—leaving healthy snackers doomed from the get-go. Instead, Rocco relies on the tang and texture of greek yogurt. "If you cut the calories in the base, you can do whatever you want for the rest and you're still ahead of the game," he says.

Taste-bud trickery "Fat makes food juicy and rich," Rocco says, "but other things can do that!" Case in point: His turkey enchiladas feature less cheese than typical enchiladas, yet still have a luxuriously cheesy texture. How? He adds a green salsa made from pureed tomatillos for a similarly rich mouthfeel.

"Whatever makes my guests happy makes me happy," says Rocco, with his dad, Raffaele (left).

Coconut Shrimp with Pineapple-Cilantro Dip

SERVES 6 **PREP** 25 MIN **BAKE** 10 MIN

⅓ cup shredded unsweetened coconut, toasted
¾ cup panko
Salt and pepper
¼ cup whole wheat flour
3 egg whites
1 teaspoon coconut extract
12 large shrimp, peeled and deveined, tails left on
8 ounces fresh pineapple, cut into chunks
1 teaspoon chili garlic sauce
¼ cup cilantro leaves

1. Preheat the oven to 450°. Using a food processor, finely chop the coconut; transfer to a shallow bowl. Stir in the panko and season with salt and pepper. Place the flour in another shallow bowl.
2. In a medium bowl, whisk the egg whites until foamy, then stir in the coconut extract. Working in 3 batches, coat the shrimp in the flour, shaking off any excess. Dip in the egg white mixture to coat completely, then toss in the coconut-panko mixture. Place on a wire rack set on a baking sheet. Bake until golden and the shrimp are cooked through, 8 to 10 minutes.
3. Meanwhile, using the food processor, pulse the pineapple, chili garlic sauce and cilantro until coarsely chopped; season with salt and pepper. Serve the shrimp with the pineapple-cilantro dip.

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GET YOUR GRILL ON.

This summer, give your grill something to get fired up about. These Saucy Chili-Orange Pork Back Ribs are a little bit sweet, a little bit spicy, and a whole lot tender and juicy. They're what summer was made for! Find recipes, simple grilling tips and more at **TheOtherWhiteMeat.com**

pork®

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Be Perfectly Polished

Show of hands: Think a good mani is hard to find? Rach's buddy **Gretta Monahan** shows us the prettiest looks for summer.

PHOTOGRAPHY BY **LISA SHIN**

THE TREND
blues

From navy nautical stripes to bright turquoise shades, blues are being reborn this summer. Dive in, fingertips first! This poppy tone is universally flattering.

Shades by Barielle in A Bouquet for Ava *($8, barielle.com)*

THE TREND
oranges

Turn up the volume on traditional pinks and reds. While this neon looks shockingly bright in the bottle, our staff passed it around, and it complemented every skin tone. (Promise, it goes on lighter than it looks.)

Duri Ultra Brights Nail Color in Bedeviled *($5, duri.com)*

THE TREND
lilacs and grays

Purples and grays have an elegant, almost masculine edge. This one is a good gateway to darker grays, and it'll ease the transition from summer to fall.

Deborah Lippmann Nail Lacquer in Purple Rain *($16, deborahlippmann.com)*

tip Get more mileage out of your mani: Reapply an ultrathin, clear topcoat every two days to prevent chips. **Essie's Super Duper Top Coat** *($8, essie.com)* is fast-drying.

more shades...

1 Orly Lacquer in Gumdrop *($7.50, orlybeauty.com)* Go sophisticated: This pearly shade has barely there appeal if you paint on just one coat.

2 Wet n Wild Wild Shine Nail Color in Blue Moon *($1, at drugstores)* This deep navy is a more subdued neutral than black, and the inky color doesn't wash out light skin tones.

1 Essie in Tart Deco *($8, essie.com)* Darker-skinned ladies, take note: Coral is one of the most flattering shades for you.

2 OPI Nail Lacquer in Flit a Bit *($8.50, opi.com for stores)* This no-excuses orange really pops against medium or tanned skin.

1 Sula Paint & Peel in Dove *($9, sulabeauty.com)* You can wear this slate-colored shade on longer nails and not look too flashy. And if you change your mind, it peels off without polish remover.

2 Sephora by OPI in Run with It! *($9, sephora.com)* A little bit of silver shimmer goes a long way to dress up an evening look. Fair-skinned staffers preferred this shade over dark, chalky grays.

For more manicure tips, visit rachaelraymag.com/august.

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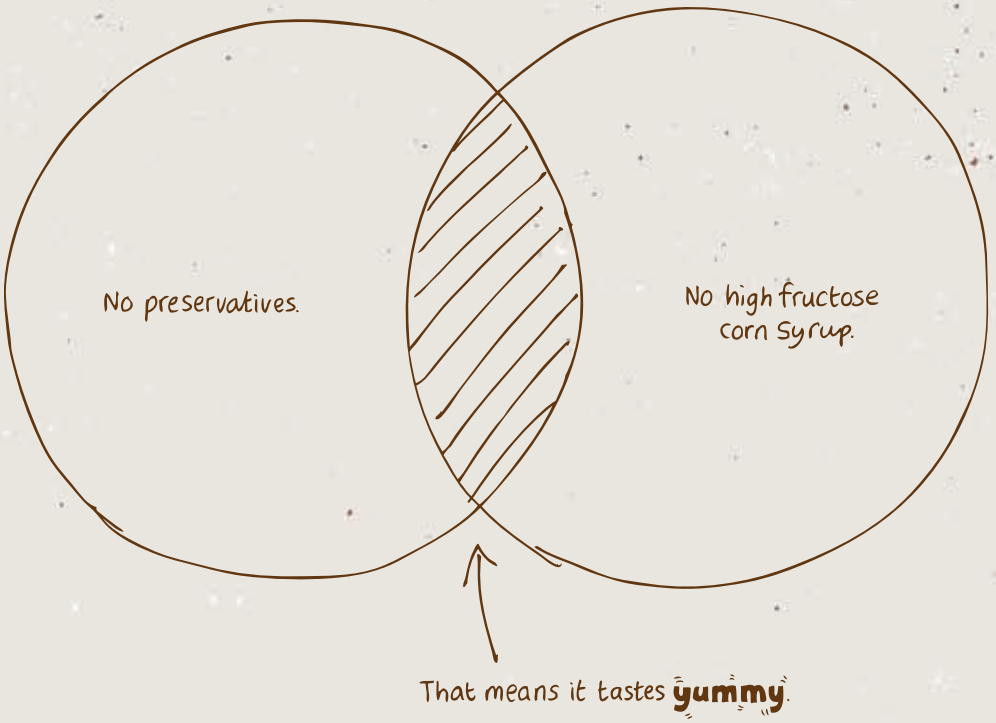
A simple diagram *for* tasty tea.



Diagrams show things. And as this one demonstrates, our teas taste really great.
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go away

your ticket to a great escape

melt with you

For a savory spin on s'mores, skewer and roast mozzarella balls over an open fire, then sandwich between wheat crackers spread with olive tapenade.
Turn for more tasty campout ideas.

PHOTOGRAPH BY LEVI BROWN; PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE.

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THINK YOU KNOW YOUR FAVORITE STARS?

THINK AGAIN.

All this month, Rach shows you a new side of some of today's hottest stars. Nobody brings more to the table than Rachael Ray.

rachaelray

WEEKDAYS check local listings | www.rachaelrayshow.com

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go camping

It's exciting, romantic and family-friendly, not to mention cheap. And, as long as you know what you're doing, the food's terrific. BY DAVID LAHUTA

hide and seek! Geocaching (pronounced "gee-oh-cashing") is a high-tech treasure hunt, and our favorite new outdoorsy activity. Enter your location on geocaching.com to see what caches, or hidden goody bags, are nearby. Plug the cache's coordinates into a GPS device to start the search. You can keep the booty—just replace it with something of equal or greater value.

SNACK WELL

Try these fun, tasty treats that require next to zero prep time. For kids, grill dessert burritos: tortillas with mini marshmallows and **chocolate chips**. Adults will love our twist on Devils on Horseback: Wrap dates in slices of prosciutto, thread them through a skewer, then grill over high heat, turning frequently.

BETTER BUTTER

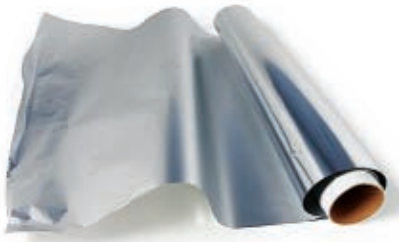
The night before you leave, upgrade your butter: Mix it with chopped herbs and other flavors (we like orange zest and honey; garlic and rosemary; and basil and sundried tomato), then let chill. Pack it in your **cooler** and spread on bread, add to grilled meats or use to finish sauces. Instant flavor.

WRAPPER'S DELIGHT

Instead of grilling a bunch of items separately, place ingredients on **aluminum foil** and fold them all up into a (tightly sealed!) pouch. For dinner, try veggies and peeled, deveined shrimp. Dessert? Wrap up peeled, cored apples with brown sugar and butter; cook till the fruit is softened and juicy.

GO FISH

Thick, oily mackerel, **salmon** and swordfish are perfect for high-heat grilling. Make your meal elegant by adding balsamic-fig sauce: In a pot, combine a small bottle of balsamic vinegar and some chopped fresh figs, cook until thickened, then pour over the grilled fish.



CAMPSITE, CHIPS AND SALMON, GETTY IMAGES; COOLER AND FOIL, ISTOCKPHOTO.COM.

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get out there

National Park Service public campsites are affordable and nestled in the country's most beautiful spots.

CHANNEL ISLANDS NATIONAL PARK, CALIFORNIA

On the ferry to Santa Cruz Island, **you can spot humpback whales, dolphins and western gulls**. Santa Cruz, the biggest of five protected islands in the Santa Barbara Channel, is 96 square miles of mountain ranges, volcanic canyons and ocean vistas. Pitch your tent at Scorpion Ranch campground, where you'll have access to a beach and well-maintained hiking trails. ***(nps.gov/chis; $15 per night, plus $64 for adult ferry, $48 for children)***

MOUNT RAINIER NATIONAL PARK, WASHINGTON

Mount Rainier, an active volcano, is three hours from Seattle. Head to White River campground, which often gets the park's best weather (the mountain shields rain), and **you'll be near the Glacier Basin hiking trail, with views of the largest glacier in the continental U.S.** Come morning, visit Sunrise Point: At 6,400 feet, it's the perfect spot to watch the sun come up. ***(nps.gov/mora; $12 per night)***

ROCKY MOUNTAIN NATIONAL PARK, COLORADO

At 8,160 feet, Rocky Mountain's Moraine Park campground is actually one of the lowest sites in the park to pitch a tent. The (relatively) low altitude means better weather: Summer highs are in the 70s, and lows are in the 50s. Bonus: The campground is the **ideal place to watch elk roam through the meadow**, also home to coyotes, mule deer and soaring golden eagles. ***(nps.gov/romo; $20 per night)***

ACADIA NATIONAL PARK, MAINE

On the banks of the Atlantic in Bar Harbor, Maine, anti-campers will find a **fully outfitted Airstream RV**. No sleeping on the ground for you—each air-conditioned trailer sleeps four adults and has a bathroom, an indoor/outdoor shower, a kitchen and a grill. Linens are included, as is free Wi-Fi—keeping you steps away from Acadia National Park and a click away from civilization. ***(koa.com; from $145 per night for two adults and two kids)***

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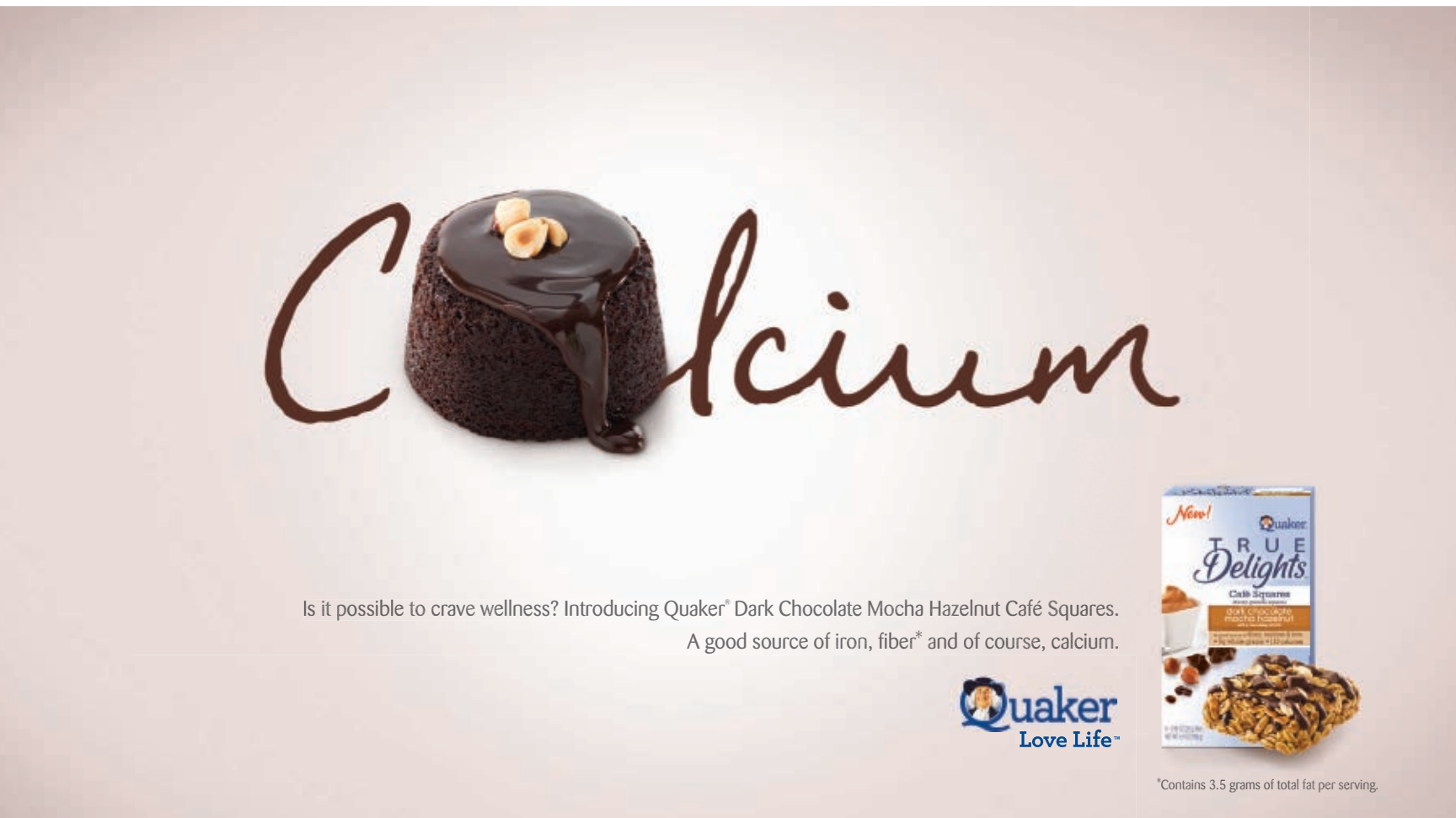

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you oughta know

Cliff Jacobson, author of *Camping's Top Secrets*, shares his best tips.

1 Bugs love dark colors, so wear **light-hued clothing**.

2 Large **safety pins** are indispensable camping tools: Use them to remove splinters, repair ripped tents or clothing, and hang wet laundry.

3 In the morning, check the tent: Heavy dew suggests **good weather**, while no dew may mean rain. If there's a rainbow, note: Reds indicate rain; blues say clear skies.

4 When hiking, carry a **handheld smoke flare**, available at most boat-supply stores. The smoke is visible for miles. Also, come prepared with a Swiss Army knife, compass and duct tape.

5 Pack a windproof butane lighter and **birthday candles** (the kind that you can't blow out) for wet-weather fire-starters. (Cotton balls dipped in Vaseline work, too.)

A LITTLE HELP FROM OUR FRIENDS Tips provided by: **Justin Nyberg**, associate editor, *Outside* • **Dennis Lewon**, deputy editor, *Backpacker* • **Robin Donovan**, author, *Campfire Cuisine: Gourmet Recipes for the Great Outdoors*

gear up

You already have the basics—a tent, a sleeping bag and a sense of adventure—but these items will make your trip more comfy.

Free your hands: A **Princeton Tec Remix headlamp** has floodlight and spotlight modes that shine to 100 feet. *($40, princetontec.com)*

Coleman's PerfectFlow 2-Burner Propane Grill Stove can fit proteins on one side and veggie dishes on the other. *($80, coleman.com)*

Brew a cup of coffee with **GSI's 30-ounce Java Press**, an insulated mug with a french-press-style plunger. *($25, peak62.com)*

Alite's Monarch Butterfly Chair packs to the size of a foot-long sandwich, yet folds out into a comfortable chair. *($60, alitedesigns.com)*

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the result:

thrills even scaredy-cats can get behind.

BY **KAREN CATCHPOLE**

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bike sand dunes under a full moon

ALAMOGORDO, NEW MEXICO

One magical night each fall, the White Sands National Monument stays open late just so visitors can go on a breathtaking moonlit ride. The waves of sand, beautiful any time of day, cover 275 square miles of desert, forming the world's largest gypsum-crystal dune field. Join the **Full Moon Bike Ride** *(nps.gov/whsa; $5 for adults, $2.50 for children under 16)* and you'll pedal 8 miles until you reach the heart of the dunes, silent and golden-flecked. A park ranger will point out any foxes, bobcats or the rare mountain lion.

WHEN
October 23
8 P.M.–11 P.M.

SLEEP The century-old **Lodge Resort at Cloudcroft** *(601 Corona Place, Cloudcroft, thelodgeresort.com, 800-395-6343; doubles from $115)* has hosted Judy Garland and Clark Gable. Today, the quaint rooms have four-poster beds and whirlpool tubs, along with modern conveniences like Wi-Fi. The promise of a pool, nine-hole golf course and spa makes the hour-long drive from the dunes fly by.

EAT The **Hi-D-Ho** drive-in *(414 White Sands Road, Alamogordo, 575-437-6400; burgers from $3.50)*, which opened in 1952, serves sandwiches, Mexican food and the large, popular Tiger Burger (a double burger and fries named after the local high school's mascot). Bike right up and place your order!

WHITE SANDS NATIONAL MONUMENT, DIANE COOK AND LEN JENSHEL; SALMON RIVER, TOM BEAR PHOTOGRAPHY.

Go White-Water Rafting in Style

LEWISTON, IDAHO

Guests on **Row Adventure's Culinary Whitewater Series rafting trips** *(rowadventures.com, 800-451-6034)* paddle the warm waters of the exquisite Salmon River. There are plenty of tranquil stretches on the 52-mile route, allowing time to appreciate the basalt cliffs and forests of ponderosa pine. Though this trip is suitable for first-time rafters, dozens of rapids—with names like Roller Coaster, Devil's Slide and Bodacious Bounce—keep things interesting. For a four-day, all-inclusive adventure, *Every Day with Rachael Ray* readers will pay just $890 (that's $360 off!).

SLEEP Guides travel ahead and set up **comfortable camps on sandy beaches along the river**. They'll supply tents, sleeping bags, toilets, tables and chairs. All you need to bring is a toothbrush.

EAT Each night you'll **take a cooking class and learn camp-food essentials**, like how to grill on an open fire and how to use a dutch oven outdoors. You'll help prepare gourmet dishes like prime rib, salmon with huckleberry sauce, and pineapple upside-down cake. Dinners are paired with wines from Idaho, Washington and Oregon.

WHEN
August 22–25
August 29–September 1
September 5–8
September 12–15

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look a gray whale in the eye

SAN IGNACIO LAGOON, NORTHERN BAJA, MEXICO

Each year hundreds of female gray whales congregate in Mexican lagoons to calve and feed in the warm, predator-free water. To avoid stressing out the mothers and babies, the Mexican government allows visitors to **watch the whales from small motorboats** only; your guide will turn off the engine, and the boat will bob along until the giants approach. The females swim languidly beneath the boats, blowing bubbles just hard enough to gently rock them, while the newborn whales are known to nudge the vessels and stare at passengers.

SLEEP Conveniently, you can arrange your boat tour through the **Kuyimá Eco-Lodge** *(kuyima.com; $40 per person per night at the lodge, $40 for the tour, $13 for round-trip transportation),* which is also an affordable, lovely place to stay. In your thatched-roof hut, which sits on stilts along the San Ignacio Lagoon, you'll be lulled to sleep by the sound of whales gently spouting. Even with its shared bathrooms, Kuyimá sells out fast, so book now!

EAT It's worth the 90-mile drive north along Highway 1 for the *mano de leon* ("lion's hand") scallops sold at **any of the roadside restaurants** in Guerrero Negro. True to their name, the scallops are about as big as a lion's paw, and they're tender, sweet and nearly impossible to find outside this region. Enjoy them fresh off the boat, flash-cooked with butter and garlic. With a beer, you'll pay less than $10.

WHEN
January THROUGH **April**

bonus

Meet a Million Monarch Butterflies

VALLE DE BRAVO, MEXICO

Interested in close encounters with a slightly smaller creature? Between November and March, several million monarch butterflies navigate their way to Central Mexico, flying thousands of miles from their birthplaces in the U.S. and Canada. (Scientists say they're drawn to Mexico's fir trees.) Once the butterflies arrive, they rest, eat and mate like mad before attempting the return flight home. Many never make it. Skip the most famous viewing areas (like El Rosario), which are woefully overcrowded. Go instead to the newly opened **Piedra Herrada sanctuary** *($2)* near Valle de Bravo. After a steep and dusty two-hour hike, you'll find plenty of fluttering butterflies, but very few members of your own species.

WHALES, NORBERT WU/NATIONAL GEOGRAPHIC STOCK; BUTTERFLIES, GETTY IMAGES.

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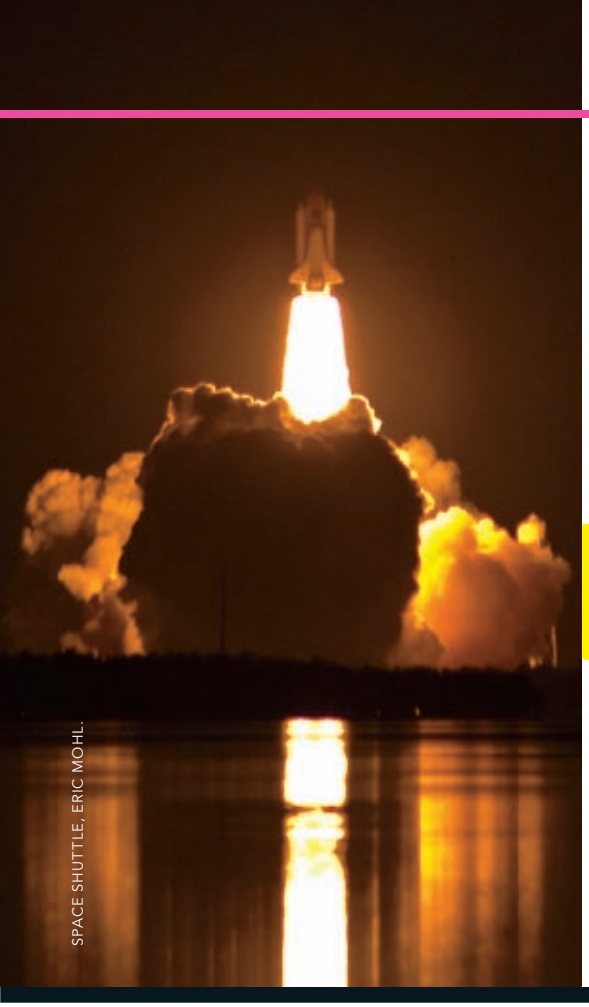

SPACE SHUTTLE, ERIC MOHL.

Attend the Space Shuttle's Final Launch

CAPE CANAVERAL, FLORIDA

Ever been to a Space Shuttle launch? The Earth shakes. People gasp. Then the shuttle disappears from view. It's the most dramatic 120 seconds you may ever experience. Go soon: November marks the end of **NASA's space shuttle program**; afterward, the space agency will use a different type of craft, and there aren't any public launches scheduled yet. Go to an official viewing site *(kennedyspacecenter.com; $38 to $58 for adults, $28 to $48 for children)* or watch for free *(spacecoastlaunches.com for a map of viewing spots)*.

SLEEP Many hotels double rates during a launch, but the surfer-chic **Ron Jon Cape Caribe Resort** *(1000 Shorewood Drive, Cape Canaveral, ronjonresort.com; doubles from $98)* keeps regular prices. Plus, it has a water park.

EAT Locals adore the rock shrimp at the kitschy **Dixie Crossroads** *(1475 Garden St., Titusville, 321-268-5000; rock shrimp from $13)*. Get 'em broiled, steamed or fried.

WHEN
November 2010

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Breakfast Sandwiches

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BY **MARISSA GOLDBERG** | PHOTOGRAPHY BY **KANA OKADA**

PORTLAND, OREGON

THE SPOT At homey **Detour Cafe** *(3035 S.E. Division St., 503-234-7499)*, co-owner and baker Scott Krombein whips up carb-tastic goodies like huckleberry scones—plus dog biscuits for the spot's furry fans—and collects cash in his great-grandfather's crank-operated cash register.

THE SPECS The Don Egg Sandwich *($8.50)*, named after "the don of Division Street" (a musician and Detour employee), starts with potato focaccia bread that's stuffed with italian pork sausage, avocado, tomatoes and basil. The star ingredient—locally farmed eggs—is baked with portobello mushrooms, roasted onions and feta cheese.

PHOENIX

THE SPOT The Farm at South Mountain is a lush retreat just a few miles (and a world away) from downtown. Visit and you'll start the day at their breakfast-only **Morning Glory Café** *(6106 S. 32nd St., 602-276-8804)*, sister to Quiessence (named the city's best restaurant by *Phoenix* magazine). Between meals, hang at the spa, art studio, farmers' market and craft shop.

THE SPECS The Farm Monte Cristo *($12)* is the ultimate fusion of savory and sweet: over-easy eggs, slow-baked ham and gruyère cheese, all sandwiched between thick slices of french toast and finished with maple syrup and confectioners' sugar.

CHICAGO

THE SPOT For years, devotees of the stylish bakery, market and café **M. Henry** *(5707 N. Clark St., 773-561-1600)* have gobbled down eggs, spicy potatoes and brioche-banana french toast, with just one complaint: No dinner? They're in luck! Owner Michael Henry has just opened **M. Henrietta**, which will serve their egg sandwich till late.

THE SPECS The first waitress at M. Henry created a lunch-break sandwich so good, it's now a menu mainstay. Fannie's Killer Fried Egg Sandwich *($9)* has applewood-smoked bacon, plum tomatoes, gorgonzola and fresh thyme between slices of toasted, locally baked sourdough.

NEW YORK CITY

THE SPOT **Café 'Ino** *(21 Bedford St., 212-989-5769)* may be tiny, but this spot draws big crowds and has spawned three other eateries, all with luscious Italian wines, cheeses and meats. You can order eggs all day, in the form of truffled egg toast.

THE SPECS It takes a village to make the Egg and Cheese Panino with Sweet Onion *($10)*: The eggs are hand-delivered by a Pennsylvania farmer, the sheep's-milk cheese hails from Italy, and the ciabatta bread is baked down the block at the Blue Ribbon Bakery. These ingredients—plus balsamic-and-honey onions—are pressed together into a perfect sandwich.

FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY TIZIANA AGNELLO.

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“Take a trip for a song.”

BY **ANTHONY LASALA**

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When your favorite band announces a tour, book tickets in a city you've always wanted to visit. Look into music festivals, too *(festivalfinder.com)*.

FIT IN A SHOW

Before any trip, check Ticketmaster and StubHub to see who's playing. Also consider attending smaller local venues; check listings on regional papers' websites.

SCORE TICKETS

Snag hard-to-get seats by using a concierge service, either through your hotel or a private company (like Atlanta's csoa.com).

MOST PEOPLE DON'T EVEN THINK ABOUT A VACATION'S SOUNDTRACK. Or they give it less thought than which travel-size toothpaste to pick up or whether to pack extra batteries. For those travelers, the music is a haphazard compilation of often-mediocre songs emanating from local radio stations, with occasional help from an iPod. In other words, background noise. My soundtracks are a bit more planned out. In fact, they're often the whole reason for the trip.

It began simply enough—at a Cure concert in Massachusetts with my high school girlfriend. We'd happened upon a poster nailed to a construction site and bought two scalped tickets. When I think back on that trip, I can't recall where we stayed or what we ate. But I remember looking around the stadium, oddly comforted by the fact that 10,000 people miles from my home felt the exact same way I did about the song "Just Like Heaven." I was hooked.

From there on out, every trip—business or pleasure—became a chance to unpack my vintage concert tees and chrome Zippo and head to a show. I saw the Stones blow away the Windy City and the Red Hot Chili Peppers rock out on a frigid day in Barcelona, and I skipped a world wonder (the Colosseum will always be there, right?) to see Radiohead play Rome. I sought out the most storied venues—the Whisky a Go Go in L.A.; the Cavern Club in Liverpool, England—for the chance to stomp on hallowed musical ground.

When I was traveling alone, concerts provided a haven to make friends in a city of strangers. At a U2 concert in New Orleans, four easygoing locals from the Garden District insisted on buying me a beer after every five songs. Now, whenever I'm in Louisiana, I meet them at a local club and pick up the first round. When I was single, concerts provided perfect opportunities to meet girls. As it turns out, breaking the ice with a beautiful French woman named Marie is much easier when you're both singing along to Iggy Pop's "Nightclubbing."

People become more open when enjoying music together, and this makes big cities like Paris seem less overwhelming. You don't feel like a tourist when standing alongside terribly chic locals at an electrifying show. And small towns, even nondescript ones, become instantly memorable. If you ever find yourself driving through Schulenburg, Texas, stop in at Sengelmann Hall. It's a Czech/German beer garden with a menu that blends tastes from Eastern Europe and East Texas. Inside that building I found Earl Poole Ball—Johnny Cash's longtime piano player—jamming out and telling tales about Jerry Lee Lewis, The Byrds and, of course, the Man in Black. There, surrounded by strange accents and unfamiliar sights, I took in Ball's piano playing and his captivating chatter, and added the moment to an already jam-packed memory bank.

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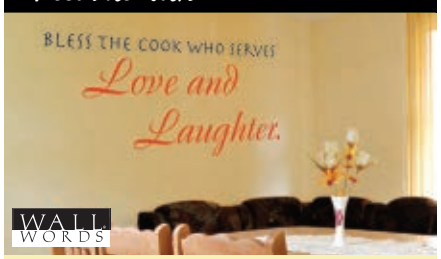

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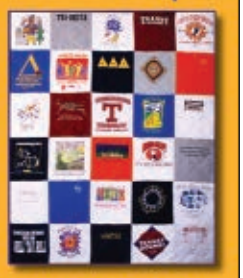

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BY **ANDREW KAPLAN**

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MAKES 2½ TO 3 CUPS **PREP** 10 MIN

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- ½ bell pepper, seeded and coarsely chopped
- 2 tablespoons coarsely chopped fresh parsley
- Salt and pepper (for people portions)

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FRENCH BULLDOG, VEER.COM; RECIPE PHOTOGRAPH BY LUCAS ZAREBINSKI; FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY LAURA DOTOLO FOR HALLEY RESOURCES. RECIPE REVIEWED BY THE ASPCA.

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August 2010

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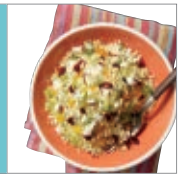

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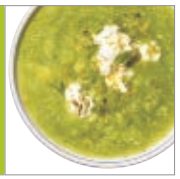

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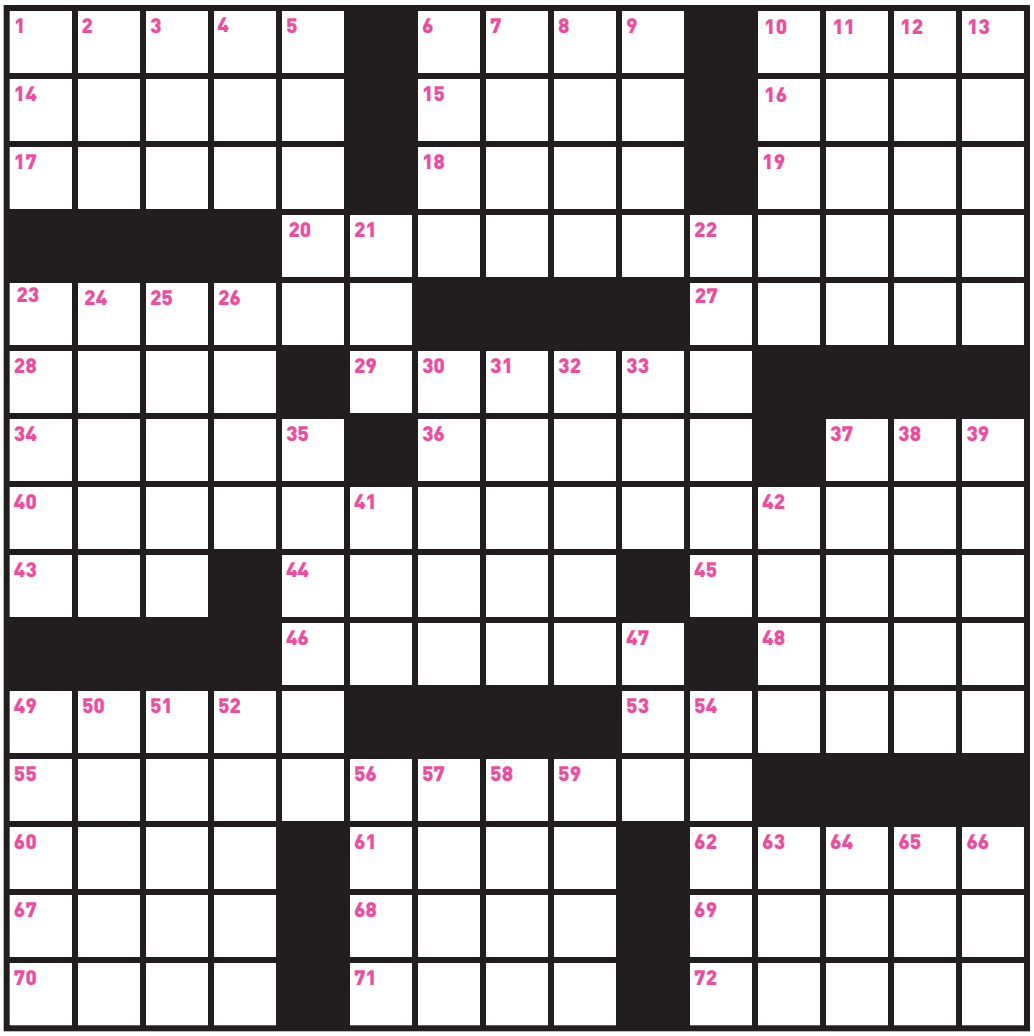
Crossword August 2010

BY KEITH GILLESPIE



ACROSS

1 Cheesy sandwiches
6 Food (informal)
10 At cookouts, it can be direct or indirect
14 It might read "Kiss the Cook"
15 Leafy tropical root vegetable
16 Best-selling author Bombeck
17 Pricey Japanese beef
18 Supermarket sacks
19 Meat seasonings
20 Outdoor "master's" spot
23 Fancy table linen
27 ___ gritty
28 Cool rapper?
29 Of equal speed
34 Response to bad service
36 Actress/comedienne Tyler
37 Traffic-stopping org.
40 Buying food supplies
43 Brian of Roxy Music
44 Anti___ (beginning of an Italian meal)
45 ___ living (bring home the bacon)
46 *Star Trek* weapon
48 Watermelon seed-spitter's sound
49 Treat with mesquite, maybe
53 Chinese dipping sauce
55 Picnic platters, often
60 Ground-floor apartment, perhaps
61 Eke ____ living
62 Book of maps
67 *30 Rock* star Fey
68 Freeway exit
69 Broil over briquettes
70 Nature's bandage
71 "Fat" Feb. day
72 Peter, to a pumpkin

DOWN

1 Gaping mouth
2 Antipollution agcy.
3 Partner of sm. and med.
4 Chest item
5 Slights
6 Much of the U.K.
7 Broccoli ___ (var.)
8 Egg on
9 Pear variety
10 "Ready or not, ___come!"
11 Boil over
12 Scope
13 Finger-lickin' good
21 Alias initials
22 Remove sticky strips
23 Grime
24 Capped nut
25 Copycat's words
26 Problem or emblem ending
30 ___ lot (is telling)
31 Ingredients for knuckle sandwiches
32 "...old lady who lived in ___..."
33 Movie channel (abbr.)
35 Salt's other half
37 Various soils
38 Deep boredom
39 Once more
41 Cheerleader sound
42 Big ___: nickname of baseball's David Ortiz
47 Baseball scoreboard letters
49 Tea units, to the Brits
50 Excessively excited
51 ___ can of worms
52 Meal on a stick
54 An inedible orange
56 Dessert wine
57 Cookout in Honolulu
58 "Are you lookin' ___?"
59 Kitchen water spouts
63 "La la" lead-in
64 Aflame
65 Pale or ginger
66 Mercedes-Benz roadster

How'd you do?

Check your answers from the May issue.

→ Word Search

D	R	I	L	O	E
W	A	M	H	E	V
E	N	U	F	T	Z
R	U	F	A	G	I
B	O	E	T	U	K
C	H	A	M	E	D

→ Mini Crossword

1. Mexico 2. Feta dip 3. Verdi

→ Word Scramble

BOUQUETS

→ Cover Puzzle

Tear in jeans raised above knee

web Can't wait till the next issue? Check your answers at rachaelraymag.com/august.

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Stephen Moyer

Rach goes behind the scenes of HBO's *True Blood* for an interview with a (very hungry) vampire.

PHOTOGRAPH BY **DAVE LAURIDSEN**

> "When I drink 'blood' on the show, it's actually sieved raspberries, blended with a little pomegranate juice. Not a bad deal: Drink your girlfriend's blood and be healthy, too."

RACHAEL RAY: Thanks for letting us into your trailer, Stephen. Looks like a cool place to hang out between scenes. So, I see jam, chutney and Marmite in your fridge. Are they your go-to snacks?
STEPHEN MOYER: Yeah, Marmite is my little English touch, and I'm crazy for chutneys. When I find good ones, I buy two—one goes home and one comes here. In London I had pear trees in my back garden, so I'd make my own pear and green tomato chutney.

RR: Sounds delish! Can you share the recipe?
SM: It was more like a classic savory marmalade, but it was so good. I added raisins, brown sugar and vinegar and just boiled it for hours and hours until it was nice and sticky. I served it with cheese, ham and bread. Wow, talking about it has made me quite hungry. I'm reaching for the jar as we speak.

RR: Eating is always encouraged when you're around me. So who cooks at home—you or your fiancée, Anna Paquin?
SM: We both take it on, actually, which is great. When my daughter is staying with us, we cook and eat dinner together every night around 6 p.m. I didn't really do that when I lived in England, but people eat earlier in America, and I like it.

RR: What do you miss most from your days in London?
SM: Curry! Anna loves Indian food as well, so we've been searching for a good restaurant, but they can't compare to the ones in the U.K. In California, we've got great Thai restaurants, and Mexican, of course. There is a roadside Mexican place nearby, and they do a killer shrimp burrito with avocado and cilantro. Now I'm really getting hungry. I'm going in for more chutney.

RR: Do they feed you over there, Stephen?
SM: We have crazy filming hours, so my clock is a bit off. And I just shot a nudie scene for the third season of *True Blood*, and when I have those, I don't eat for, like, 13 days beforehand. That's probably why I can't stop eating now. I just got back from the farmers' market and basically bought out the entire place.

RR: I'm the same way: I could spend hours shopping around the farmers' market. Now tell me about the little lady in your fridge.
SM: That's Grammy Pickles. She goes everywhere with me, and I photograph her in different situations. Since I'm doing this story with you, I decided she needed a spot in the fridge.

RR: Glad you could both be in the magazine! Aside from Grammy Pickles, who would you invite to your dream dinner party?
SM: Well, after Anna, I'd ask Jack Kerouac to read poetry out loud and Thelonious Monk to play piano. I'd also want somebody to sing…let's go with Sarah Vaughan.

RR: Weren't you in a band when you were younger? You could sing!
SM: Yes, I was in a band, but I'm not singing. I'm eating.

HAIR AND MAKEUP BY KIM VERBECK.

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